

THE Messenger

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Lakes, Bay & Region • May 19 2018

LEONIE ON: HOW CAN I BE CONFIDENT WITHOUT A BIG EGO?



LOCAL LIVES IN SAFE HANDS

LOCAL AMBOS UPGRADED
WITH CUTTING EDGE VEHICLE

LAST
CHANCE
TO
ENTER

DISNEY ON ICE CELEBRATES
100 YEARS OF DISNEY MAGIC

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FOUR TICKETS TO WIN INSIDE

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378163_RTH

The background of the advertisement is a photograph of a modern kitchen. It features dark grey, handleless cabinetry. On the left, a light-colored countertop holds a built-in dishwasher with its door open, revealing clean dishes. To the right, a tall unit contains a built-in oven and a microwave. The kitchen is lit with warm, ambient light, and a window with horizontal blinds is visible in the background.

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Accessories shown are not included.

*1. Promotion effective 01/05/18 - 03/06/18. Saving is only via redemption. Claimant required to be or become a 'Miele for Life' programme member. Spend \$10,000 (inclusive of GST) or over and claim 10% cash back. Include a Miele rangehood or refrigeration appliance with the purchase and claim an additional 5% cash back (Total claim of up to 15% possible). Spend \$20,000+ and receive a Bonus kitchen accessories pack (Includes Extra Large Gourmet Oven Dish, Lid for HUB 5001 XL, 4-piece littala induction cookware set, Set of Pyrofit FlexiClips, Multipurpose tray, Perforated Baking Sheet, Perforated Pizza Tray, total value \$2,103). Purchases MUST be confirmed on one (1) order receipt (excluding where Miele MasterCool is included in which case two (2) order receipts with the same date will be accepted). Specifically excludes the following appliances: G 4200 and G 4900 series dishwashers, WDB 030 and WDD 030 Washing Machines and TDB 130, TDD 130 and TDA 150C Dryers. Terms and conditions apply, see in store for details.

378181_RTH

THE Messenger

Now in its twelfth year, the Messenger is your free weekly publication. Wholly owned, operated and produced locally. Proudly independently published.

ABN 129 5493 7979.

NEWSROOM/EDITORIAL/SUBMIT A STORY

The Messenger is dedicated to the community and we welcome contributions from residents, community groups, schools, sporting groups, the private sector and institutions of higher education. Email reports and pictures to Editor Dan Fidler via:

editor@northlakesmessenger.com.au

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For all distribution enquiries and requests please contact our Distribution Manager, Ali Hunt via:

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For all advertising rates, specifications, templates conditions and bookings please contact our advertising department on **3881 3322** Tuesday to Thursday. Other times please call **0488 112 822** or email:

adz@northlakesmessenger.com.au

Please note:

- Business hours are week days 9am to 5 pm.
- All advertising is to be pre-paid.
- Advertising deadline is 12 midday Wednesday one week prior. Incomplete art due Tuesday midday one week prior.

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For the Community Notice Board and Your Say please email: community@northlakesmessenger.com.au observing the requisites and disclaimers printed on their relevant pages.

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By advertising or submitting with the Messenger you agree to indemnify the publication, its staff and owners, against any claims.

The Messenger would like to acknowledge the traditional owners and elders of the lands and waters within the Moreton Bay Region and surrounds, past, present and emerging.

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DISNEY ON ICE CELEBRATES 100 YEARS OF MAGIC

THE MUST-SEE MAGICAL EVENT OF THE YEAR IS COMING TO BRISBANE JUNE 29 TO JULY 2 **AND WE'VE GOT EIGHT TICKETS TO WIN!**

Everyone's favourite characters of the Disney-verse are getting their skates on and heading to Brisbane this June and it's going to be HUGE. Instead of focussing on instant-classic *Frozen* like last year's (amazing) outing, this year *Disney On Ice celebrates 100 Years of Magic* is bringing more than 14 timeless Disney tales to life, on ice.

Mouse-ter of Ceremonies Mickey Mouse, his sweetheart Minnie Mouse, and mates Donald Duck and Goofy will take to the ice with their friends from classic and modern Disney movies alike. From *Pinocchio* to *Frozen*, showgoers will be treated to a once in a lifetime spectacle with *Snow White and the Seven Dwarfs*, *Cinderella*, *Beauty and the Beast*, *Toy Story*, *The Lion King*, *Finding Nemo*, *Frozen* and more. *Disney On Ice celebrates 100 Years of Magic* will dazzle with magical moments and over 30 favourite Disney songs.

Making their *Disney On Ice* debut, Judy Hopps and Nick Wilde from *Zootopia* enlist the crowd to help solve an off-ice caper that must be cracked for the on-ice action to begin. Guests will also enjoy a special appearance by royal sisters Anna and Elsa from the number one animated feature film of all time, Disney's *Frozen*. Enter the kingdom of Arendelle and journey up the North Mountain with hilarious snowman Olaf and rugged mountain-man Kristoff as they help the sisters discover that true love conquers all.

Produced by Feld Entertainment, *Disney On Ice celebrates 100 Years of Magic* will open in Brisbane on June 29 with 9 shows in total at Brisbane Entertainment Centre, finishing on July 2.

Tickets are on sale now at www.Ticketek.com.au/DisneyOnIce

WIN!

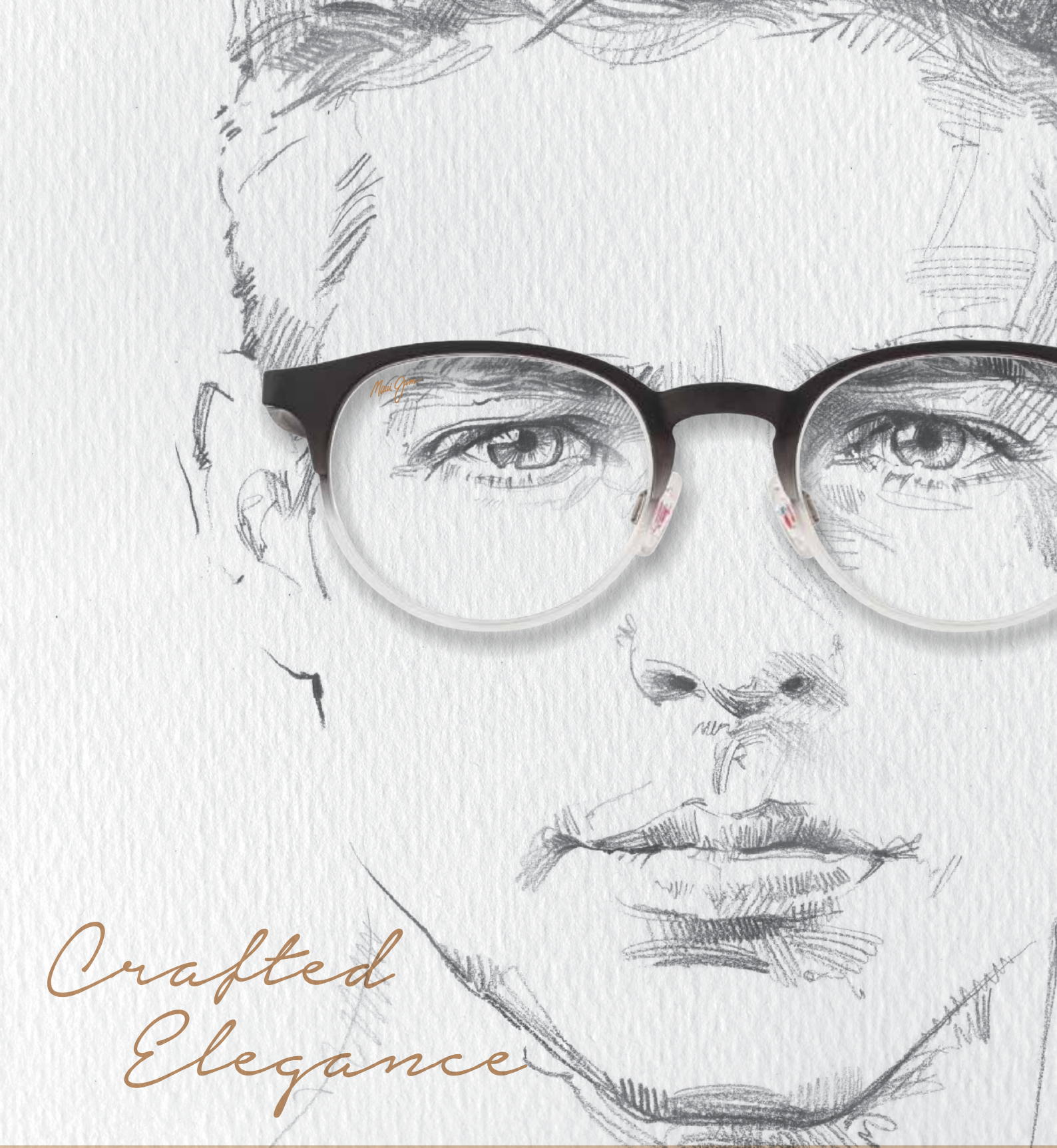
We have two prize packs for *Disney On Ice celebrates 100 Years of Magic* to win.

Valued from \$180, each prize has four A-Reserve tickets so if you win, you can enjoy the show with family or friends.


To enter email comp@northlakesmessenger.com.au with "Disney on Ice" in the subject line and simply tell us which is your favourite Disney tale.

Get your entries in before Friday May 25, 5pm and don't forget to include your contact details so we can let you know if you win. Good luck!

Your Privacy: The Messenger complies with the Australian Privacy Act 1988 in safeguarding your privacy. Information submitted by you is used only for purposes of the competition. Your information is not kept on file, collated or distributed in any way.



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ALL OR NOTHING - ALTERNATE VOICE FOR TODAY'S YOUTH

School2Stage (S2S) is a platform for young performers across Australia that sees professional Directors sent into local high schools to work alongside students. Together they create unique shows that are then performed on the biggest stages, and one them is the Brisbane Powerhouse.

Between June 19 - June 23 S2S will hit the Brisbane Powerhouse's Visy Theatre with eight entirely different shows written, created and performed by the young people of Brisbane. No restrictions, No Guidelines.

Billed as "An alternative and much needed voice!" and "What's important to the youth of our city?", the productions will showcase the work of over 150 performers between the ages of 13-19 over the four days, it's the largest performative event for young people in Queensland.

Titled *All or Nothing* the shows take place nightly between 6pm and 7:30pm and tickets cost just \$24 - \$30.

For info and tickets visit brisbanepowerhouse.org/events/2018/06/19/all-or-nothing/

TOUGH NEW LAWS PROPOSED TO RESTORE TRUST IN COUNCILS

The state Government will seek new powers to suspend or dismiss Mayors and Councillors who are facing serious integrity charges when State Parliament resumes this week.

The Government will also ask Parliament to vote

for a new power to suspend or dismiss a Council, Mayor or Councillor when it's in the public interest.

With Mayors and Councillors in some of our biggest Councils facing dozens of criminal charges the reputation of Local Governments in Queensland have collectively taken a hit and resident suspicions are at an all time high.

The changes to the Local Government Act include:

- an automatic suspension for any Mayor or Councillor charged with one of a series of serious integrity offences; and
- an expansion of the powers of the Local Government Minister to dismiss or suspend a Council, a Councillor or Mayor in the public interest.

The Government's Councillor Complaints Bill - which has been re-introduced after lapsing when the 2017 State Election was called - is also expected to be debated.

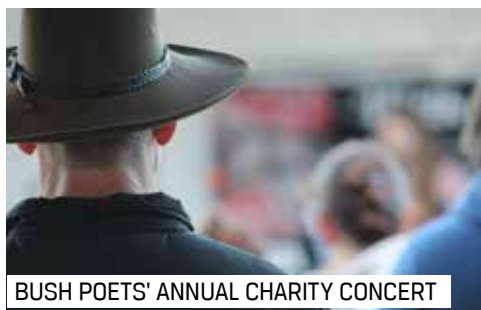
NORTH PINE BUSH POETS ANNUAL CHARITY CONCERT MAY 27

The North Pine Bush Poets have their home at Petrie where they meet, perform and read Australian bush poetry for themselves and anyone else who likes to come along and join them. Once a year they have a special charity concert to raise money for a worthy cause.

This year the group of top-notch rhyming yarnists are raising funds for the Kidney Support Network. The afternoon is always a great time and the Bush Poets are supporting local people who are doing it tough because of lack of dialysis machines



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So, for a feel good afternoon of fun and laughter head along on Sunday 27th May 2018 1.30-3.30pm to the Kallangur Community Centre 1480 Anzac Ave. The venue is climate controlled with heaps of parking and wheel chair access.

Tickets are \$15 at the door, which includes light refreshment. There will be raffles, books and CDs for sale to help the cause.

For information call: 0417 765 226.

MOST EXPENSIVE CITY FOR TRANSPORT - BRISBANE

A new report has revealed transport costs in Brisbane had increased by a whopping \$249 per year, making the River City the most expensive capital city in the country to get around.

Rising compulsory CTP, car loan payments and public transport costs had contributed to the jump, while all toll road tolls, apart from the AirportlinkM7, go up in line with the Consumer Price Index.

RACQ spokesperson Paul Turner said motorists had every right to be frustrated.

"We're paying too much to get around and unfortunately these costs keep going up. From 1 July there'll be more pain for Queensland motorists when rego and driver licence fees increase by 3.5 percent," he said.

A STEP IN THE RIGHT DIRECTION FOR HEART HEALTH

Local residents are encouraged to put their best

foot forward and sign up as a Walk Organiser to run Heart Foundation Walking Groups within the region. As a Heart Foundation Walk Organiser you'll be provided with training and support from a local coordinator in your area who will help you to promote your group, and keep it organised and motivated.

For more information on how to become a volunteer you can email your interest to healthyactive@moretonbay.qld.gov.au or call council on 3205 0555.

For more information about the Heart Foundation's Walking Group visit <http://walking.heartfoundation.org.au/walking/start-your-own-group>.

Pictured right: Councillor Denise Sims with Mick Pausey from Narangba Walkers along with Renee (far left) and Cora Crutcher; Tiffany Theo, Savannah and Layla Elliott; Renee, Mahlia and Indiana Gibson enjoying a morning walk at the Caboolture Regional Environmental Education Centre.

MESSENGER DELIVERERS WANTED NORTH LAKES AND MANGO HILL

The Messenger has been part of the fabric of our community for 12 years and we're looking for more great people to be a part of it. It's an opportunity to get fit and have fun while getting paid.

Deliverers must be available on Thursdays between the hours of 9am and 4pm and have their own transport.

Email your interest now to distribution@northlakesmessenger.com.au



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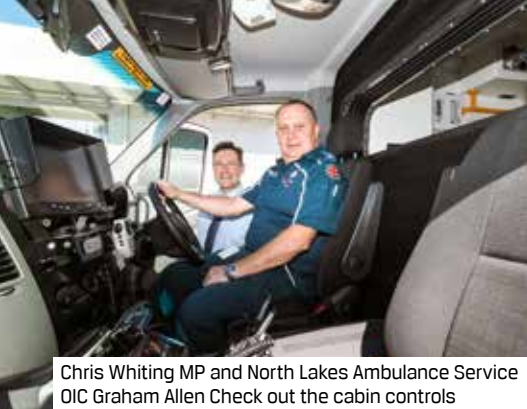
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ETH0269-A-10/03



Chris Whiting MP and North Lakes Ambulance Service OIC Graham Allen Check out the cabin controls



Assistant Commissioner for Metro North Ambulance Service Chris Bloomfield said NLAS runs at full capacity most days



The new vehicle, staffed by a specialised mixture of drivers and paramedics, can carry two patients and was built locally

LOCAL LIVES IN SAFE HANDS

New, state of the art vehicle delivered to North Lakes Ambulance station

The North Lakes Ambulance Station is the largest in Queensland with a fleet of 11 vehicles and 34 staff. The drivers of the fleet of high-tech vehicles work 10-12 hour shifts - with appropriate breaks - and each of the vehicles work constantly throughout the day.

Located in the heart of our region on Gregor Street North lakes, it's a busy station with every vehicle on site called into the field 8-10 times per day. So it was great news when Chris Whiting MP Member for Bancroft handed over the keys to a new vehicle at the local station last Thursday.

Built locally by a company called Varley located in the Narangba Innovation Precinct, what really matters for those unfortunate to ride in the back of the new vehicle is that it's bigger, can take more equipment and has cutting edge devices installed.

At the handover, Assistant Commissioner for the local Metro North Ambulance Service Chris Bloomfield told the Messenger that the North Lakes Ambulance Service currently runs at full capacity most days. They have built in redundancies for staff and vehicle relief to keep both staff and vehicle running optimally. He said our local station is one that runs well.

"At the moment we're manned to the workload, which is really good, but we have the capacity for surge as well. If we get really busy at times we're able to move resources around Brisbane, wherever that might be," Mr Bloomfield said.

New equipment means better outcomes for patients Assistant Commissioner Bloomfield told us.

"Medical equipment is constantly changing and we are always looking at advancing our vehicles. This considers the best possible equipment that [the vehicles] can take, road conditions, driver training, everything we can do for best possible care," he said.

Chris Whiting MP, Member for Bancroft, was honoured to deliver the keys to Mr Bloomfield and the station's Officer in Charge Graham Allen last Thursday.

"What a pleasure it is to deliver this new resource to our hardworking ambulance officers and to our station at North Lakes," Mr Whiting said.

"This specialised patient transport van is a \$230,000 investment by the Palaszczuk Government in the region," Mr Whiting said.

"The vehicle can carry two patients and is staffed by a specialised mixture of drivers and paramedics depending on the needs of the patients."

"It carries state of art equipment for patients, but also to ensure the safety of Queensland Ambulance staff and other road users."

"These features include lane sensors, rear sensors and the Emergency Vehicle Priority system, which triggers a green light at compatible intersections."

As reported in the Messenger last year, Emergency Vehicle Priority is an emerging technology that enables emergency vehicles to automatically trigger traffic light sequences to change along the most direct route when responding to an emergency call.

This means a green traffic light signal is given to emergency vehicles when it's safe to do so. By clearing the path ahead emergency vehicles can respond quicker to emergencies.

The Queensland Ambulance Service (QAS) is an integral part of the primary healthcare sector in Queensland through the delivery of timely, patient-focussed ambulance services.

The QAS operates as a statewide service within Queensland Health, and is accountable for the delivery of pre-hospital ambulance response

services, emergency and non-emergency pre-hospital patient care and transport services, inter-facility ambulance transport, casualty room services, and planning and coordination of multi-casualty incidents and disasters.

The QAS delivers ambulance services from 290 response locations through 15 Local Ambulance Service Networks (LASNs), geographically aligned with Queensland Health's Hospital and Health Services' boundaries. The Metro North LASN covers our region.

In an emergency, call 000.

For medically authorised non-urgent transport bookings phone 131 233.

ON OUR COVER: Chris Whiting MP Member for Bancroft hands the keys to the new 230K vehicle to NLAS OIC Graham Allen and Metro North Ambulance Service Assistant Commissioner Chris Bloomfield last Thursday.

GIVING WAY TO EMERGENCY VEHICLES THIS COULD SAVE A LIFE

If an emergency vehicle (Police, fire or ambulance) is coming towards you and is sounding an alarm or showing flashing red or blue lights, it's important to know what you should do, in fact, it's the law. You must move out its path as soon as you can do so safely. According to the Queensland Department Of Transport and Main Road, you should:

- slow down
- move left to give the vehicle a clear run down the middle of the road. If you can't move left safely, stay where you are and let the emergency vehicle overtake you
- not move your vehicle suddenly
- not drive into the path of the emergency vehicle.

The law allows you to drive onto the wrong side of the road or drive through a red traffic light to get out of the way of an emergency vehicle if it is safe to do so. Watch out for emergency vehicles by looking ahead and checking your mirrors regularly.

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5 WAYS TO WINTER-PROOF YOUR WORKOUT

There's no off-season for staying healthy



Stick to your goals



warm up and cool down



Embrace the outdoors

As the temperatures drop don't be tempted to hang up your exercise gear and hibernate - use the change in seasons as a chance to mix up your workouts and reignite your love of fitness.

It's important to stay active all year round, as regular exercise helps you maintain a healthy body weight, improves energy levels and feelings of wellbeing and reduces your risk of chronic disease, including some cancers.

To help Queensland families get moving and stay healthy, Cancer Council Queensland CEO Ms Chris McMillan has shared five tips.

One, stick to your goals.

Revisiting your goals and planning out what you'd like to accomplish over the next few months can help you get motivated and stay accountable. You could commit to an event, set a goal to achieve a certain amount of steps using a pedometer, or decide to take part in a Parkrun near you a certain amount of times.

Two, take up a winter sport or active hobby.

Whether it's an indoor pursuit, like heading to a squash court or heated pool, a boot camp class, or playing touch football or netball, there's nothing like committing to a new class or sports team to keep you moving.

Three, don't forget to warm up and cool down.

Start stretching and do bodyweight exercises, like jumping jacks and push ups,

as soon as you get up. You'll get your heart rate going before heading out into the brisk weather and it will make it very difficult to go back to bed. Stretching post-workout is crucial—but particularly in the cold-weather to keep your body safe from injury.

Four, plan out wet weather options.

On rainy days get some hand weights or stretch bands to use at home for resistance exercise, use an online exercise video or smartphone app to stay in shape. For families with kids, you can get creative with active play, setting up a treasure hunt in your home, or having a dance party in the lounge.

Five, embrace the outdoors.

Layer up to make sure you are warm enough and head for a bike ride or go with the whole family for a hike on the weekend. Breathe in the fresh air and bring along water, a hot thermos and warm, wholesome snacks to keep you going. Don't forget to slop on minimum SPF 30+ broad-spectrum, water-resistant sunscreen, as sun protection is required all year round in Queensland, even in the cooler months.

Around one quarter of all cancers can be prevented through being physically active and eating a healthy diet, so it's vital to plan in one hour of moderate activity or 30 minutes of vigorous activity into everyday life.

More information about Cancer Council Queensland and healthy living is available at cancerqld.org.au.

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FREE LEGAL HELP FOR PEOPLE EXPERIENCING DOMESTIC AND FAMILY VIOLENCE

During Domestic and Family Violence Prevention Month, Legal Aid Queensland has reminded Queenslanders about the range of legal help it offers to people experiencing domestic and family violence.

Legal Aid Queensland domestic violence lawyer Fionna Fairbrother said the organisation helped people experiencing violence to understand and protect their legal rights.

"If someone is experiencing domestic violence they can call us on 1300 65 11 88 to get information about their legal rights so they can better understand their options," Ms Fairbrother said.

"Safety is our number one priority for people experiencing domestic violence. Everyone's situation is different so our domestic violence prevention workers talk to women to help them plan for and protect their personal and family safety."

Ms Fairbrother said Legal Aid Queensland took a holistic approach to client support to make sure people experiencing domestic violence could access all the support services they need.

"We regularly refer people to counselling, women's shelters, health services, financial



counselling and other community support or government services as required," she said.

"If a woman decides to apply for a protection order our domestic violence protection workers will explain the court process and can help her to complete a protection order application.

"When it's time to go to court, both parties can access our Domestic and Family Violence Duty Lawyer Service which is now available in 15 locations across Queensland."

The duty lawyer provides free legal advice to people applying for and responding to protection order applications who need to appear in court that day. Staff will talk about their ongoing

eligibility for legal aid if needed.

"Brisbane Magistrates Court is one of the busiest courts dealing with domestic violence matters so we base domestic violence prevention workers at this court to give free, confidential help to women who need to appear in court that day for their domestic violence matter," Ms Fairbrother said.

Anyone experiencing domestic violence can call Legal Aid Queensland on 1300 65 11 88, visit one of our 14 offices across Queensland, or visit our website www.legalaid.qld.gov.au to get free information and publications about your legal rights and how to get legal help.

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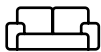
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HOW CAN I BE A CONFIDENT OPERATOR WITHOUT BEING ACCUSED OF HAVING A BIG EGO?

Hello Leonie,

I'm very upset as I write this email. I have recently been transferred against my wishes and told that I need to pull my head in and calm down my ego if I want to keep my new posting.

I am told to be confident and then told not to be full of myself. I am also recovering from a breakup from a lovely man. We were together for three years and I am kicking myself because he wanted to come to you for relationship counselling and I didn't think we needed it and now he's gone. He said that I dominated conversations and talked over his friends and the big one, I talked over his precious mother.

Twenty, twenty hindsight is a great thing but now he's gone, and I can't change anything and he won't even take my calls. So, my career is in the toilet and I have lost my love.

My brother and his wife have pulled away from me and said that I always try to trump everyone. This started because she did a piddly little Cert 4 in aged care and the family threw her a congratulations party. I have a flipping degree! Nobody threw a party for me. And let's face it anyone can complete a Cert 4 and not everyone can complete a degree. But yes, I know I shouldn't point this out, I just felt unappreciated. My ex was embarrassed and asked to leave early, and my brother showed us the door.

Look I am a really good person and I give to charity and I would love to have the power to cure cancer. If I could I would spend my whole life curing people. I'm 36 and running out of time to marry and start a family – I am feeling so wretched about starting this new job.

How can I be a confident operator without being accused of having a big ego? They teach you one thing and then expect you to do something else. I can't see myself hiding my knowledge. Help please!

Nanme withheld

Hi,

You can only be helped if you are willing to put the work in. Consider taking a good hard look at your past and do an autopsy on all your relationships. You say that you are a good person and you give an example of this by saying that you would like to have the power to go around curing people of cancer. Can you spot the great big fat ego flag in that statement? I too would love to put an end to cancer but it doesn't have to me that has the power. If I had a wish, I would wish that there was no more cancer in the world. I don't need credit for it or to be seen as the one to make it happen. I just want it gone.

I would also like to mention that I teach age care and not everyone can achieve a Certificate in Age Care and you need to realise that there is no such thing as a "piddly" qualification. All accredited courses have strict criteria and are no walk in the park. In terms of relationships, actively and mindfully try to be more modest and appreciate the talents of others. In a social setting, nothing is more annoying than a pontificating "know it all". I feel that you owe your brother an apology for your treatment of his wife and his hospitality. Remember, he didn't have to invite you to his home. In relation to your ex, even if you managed to win him back and change your behaviours, he would always have the memories of how you behaved and how you treated his mother. Why not turn this latest breakup into "break over" where you finally learn from your mistakes and start developing healthy relationships.

Now you ask how to be a confident operator without ego and this is quite simple. I would never advise anyone to play dumb in the work place, but you need to find a balance where you can offer ideas but also really listen to others and appreciate that no matter what walk of life a person comes from, they have lots to offer the team and the organisation. If you start seeing your degree as something to hold over someone's head, you are really missing the point of a cohesive and productive work environment. Keep your eye on your productivity in your own role and when you have a success, keep it to yourself. Others will notice you are good at your job and they will also notice that you don't skite, compare your performance to others or down play your workmates achievements.

And remember if you want to operate as a "trumper" (someone who always has to trump others) there is always going to be someone who can trump you. Not all talent, skill and problem-solving ability comes from a formal education and in fact, I would say that I have seen many people in my working career with the right set of qualifications who don't have a clue how to employ this academic knowledge or work in the real world.

Til next week, Leonie

E-mail: leonieschilling@bigpond.com

Leonie Schilling is a qualified private practitioner at *North Lakes Counselling Services*

For appointments please phone 3886 2715 or 0423 653 841

www.northlakescounsellingservices.com.au

Catch Leonie's radio show alternate Mondays at 11.00am on 99.7 Bridge FM



ABOUT LEONIE

Leonie Schilling is a qualified counsellor, Trainer and Assessor, published Author, Columnist, Radio Commentator and Justice of the Peace. Established in 2007, North Lakes Counselling Services has a long history of helping couples and individuals manage their relationships and attain their personal goals.



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REDCLIFFE PENINSULA FLORAL AND ART FESTIVAL 2018

CELEBRATING AUSTRALIA

After the amazing success of last year, with over 1000 visitors, this FREE community event is being held again this year, from Friday June 22-24 themed around Australia and hosted by St Peter the Fisherman Anglican Church 13 Lucinda St Clontarf.

Councillor Koilana Winchester will open the event. There is on site and street parking available, as is disabled access via a ramp from 13 Hill Parade. Gold coin donations will be appreciated which will help cover costs.

The displays are open from 10am-4pm on Friday June 22 and Saturday June 23 when Devonshire teas will be available for \$5 on the back deck. Sunday June 24 the festival is open from 1pm - 4pm after which the floral displays and plants will be sold.

Australian landmarks, heritage, scenery will be represented and a tribute to the fallen to mark the 100 years since the end of World War 1 and a celebration of the First Australians all in floral installations and displays of each state and territory including wineries, Great Ocean road, the Snowy Mountains, reef and rainforest and lots more.

Redcliffe Art Society will once again display paintings to adorn the walls and have artists demonstrating their talents. Pottery will be



displayed by the Redcliffe Pottery Group.

Free wine tasting by Dan Murphy's featuring South Australian varieties, will run throughout Friday June 22 followed by Joan Wilkie, renowned pianist in Morning Melodies at The Redcliffe Cultural Centre, will be given a FREE performance from 2pm. Robert Holt will be paying the Collins pipe organ 10am - 12noon on Saturday June 23, after which, we are delighted to welcome the Mullet Gut String Bush Band who will be playing from noon.

Greetings cards depicting Australian views and flora will be on sale for \$1 each as well as Tasmanian photographer, Sue Guiver's photographic talent, who has also donated

all proceeds of the sale of her cards, tags and bookmarks (\$1-\$3.50) to the Floral and Art Festival costs.

Of course, there are raffles, including a watercolour of the Flinders Ranges by the late Sandra Hines and a framed embroidery of native flowers and more. Tickets are \$1 each or 6 for \$5 and will be drawn on the day.

Thank you to Redcliffe Art Society, Dan Murphy's Kippa Ring, Redcliffe Pottery Group, Redcliffe District Orchid Society, Lillies in Bloom, Redcliffe Garden Centre, Redcliffe City Florist, Redcliffe RSL, Friends of Redcliffe Botanic Gardens and Hello World Redcliffe.

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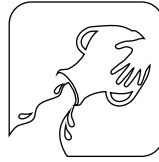
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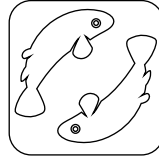
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YOUR STARS



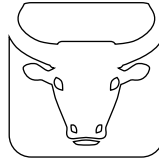
Aquarius Jan 21- Feb 19: If others want to complain about your job performance then offer to pass their responsibilities back to them. This ensures they'll keep quiet in the future.



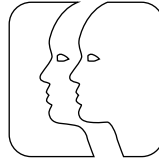
Pisces Feb 20- March 20: A sentiment you profess to no longer possess snakes its way back into your heart. Its proof positive that loves is thicker than ire.



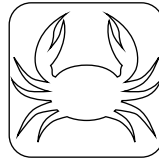
Aries March 21-April 20: There was a time when you had to be accommodating, but now you can play hard to get. Work it, but remember that you still want to be caught.



Taurus April 21- May 21: You could be holding someone back without meaning too. If you truly want the best for this person then loosen your hold. It's the best way to show support.



Gemini May 22-June 21: Don't get flustered. Review the recent conversation instead. You may have been so vague that colleagues thought you were saying yes when you meant no.



Cancer June 22-July 23: You frown upon one person bending a rule, but smile when somebody else does the same. Careful, your favouritism is showing.



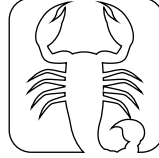
Leo July 24-Aug 23: You could rekindle an old spark if you let the past be the past. Pride is cold comfort when dealing with matters of the heart.



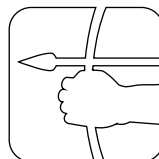
Virgo Aug 24- Sept 23: You have a point, but so does the other party. Why fight toe to toe over whose right when you can put your heads together instead.



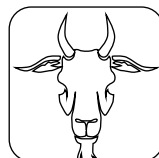
Libra Sept 24-Oct 23: Most people don't put half your energy into cultivating relationships. But then again, they don't have your wealth of support to draw from.



Scorpio Oct 24-Nov 22: Accenting the positive isn't just hokey advoce. It serves a very real purpose- especially if you want things to turn out nicely.



Sagittarius Nov 23-Dec 21: It took a while but your back to hobnobbing with movers and shakers. You'll find that success is sweeter the second time around.



Capricorn Dec 22-Jan 20: Accommodate everyone, but don't do it in the same way. Decide who deserves quality and who can make do with quantity.

NINE

6.00 Weekend Today. **10.00** Today Extra: Saturday. (PG) **12.00** Destination WA. **12.30** Surfing Australia TV. **1.00** Rugby League. Intrust Super Cup. Round 11. Ipswich Jets v North Devils. **3.00** Netball. Super Netball. Round 4. Giants v Queensland Firebirds. **5.00** News. **5.30** Getaway. (PG) **6.00** Nine News. **7.00** Harry And Meghan: The Royal Wedding. **11.00** Movie: License To Wed. (M) (2007) Robin Williams, Mandy Moore, John Krasinski. A priest puts an engaged couple through an exhaustive marriage preparation course. **1.00** Mom. (M) **1.30** Surfing Australia TV. **2.00** TV Shop. **2.30** Step Dave. (M) **3.30** Getaway. (PG) **4.00** Destination WA. **4.30** Global Shop. **5.00** TV Shop. **5.30** Wesley Impact.

GO!

6.00 Children's Programs. **12.00** Move It. **12.30** My Little Pony: Friendship Is Magic. **1.00** Beyblade Burst Evolution. **1.30** Yu-Gi-Oh! (PG) **2.30** Tom And Jerry. **3.00** Gumball. (PG) **3.30** Ben 10. (PG) **4.00** Teen Titans Go! (PG) **4.30** WWE Slam City. (PG) **4.40** Looney Tunes Cartoons. (PG) **4.50** Steven Universe. (PG) **5.00** Movie: The Cat In The Hat. (G) (2003) **7.00** Movie: Journey 2: The Mysterious Island. (PG) (2012) **9.00** Movie: Hancock. (M) (2008) **11.00** Mom. (M) **12.00** Adult Swim. (MA15+) **12.30** China, IL. (MA15+) **1.00** Total Divas. (M) **2.00** Best Ink. (M) **3.00** Surfing Australia TV. **3.30** Kate And Mim-Mim. **4.00** Yu-Gi-Oh! (PG) **4.30** We Bare Bears. (PG) **4.50** Wild Kratts. **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 NBC Today. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** To Be Advised. **2.00** To Be Advised. **4.00** Royal Wedding: Prince Harry & Meghan. **6.00** News. **7.00** Royal Wedding: Prince Harry & Meghan. Coverage of the royal wedding from St George's Chapel, Windsor Castle, between Prince Harry and Meghan Markle. **11.00** To Be Advised. **12.30** Bad Teacher. (M) Two overbearing mums threaten to pull their son out of school to protest Meredith's teaching methods. **1.00** Bad Teacher. (M) **1.30** Travel Oz. (PG) Hosted by Greg Grainger. **2.00** Shopping. **4.00** Sons And Daughters. (PG) **4.30** Sons And Daughters. (PG) **5.00** House Of Wellness. (PG) Hosted by Ed Phillips and Zoe Marshall.

7TWO

6.00 Shopping. **8.00** Travel Oz. (PG) **9.30** Harry's Practice. **10.00** The Great Outdoors. **11.00** Room For Improvement. **11.30** NBC Today. **1.30** Sydney Weekender. **2.00** The Great Australian Doorstep. (PG) **2.30** Vasil's Garden. **3.00** Qld Weekender. **3.30** The Great Day Out. **4.00** Creek To Coast. **4.30** SA Weekender. **5.00** Crash Investigation Unit. (PG) **5.30** Air Crash Investigation. (PG) A Tokyo crash landing is investigated. **6.30** Movie: Where Eagles Dare. (PG) (1968) Richard Burton. **9.45** Movie: Kelly's Heroes. (PG) (1970) Clint Eastwood, Telly Savalas. A US officer plans to steal a fortune in gold. **1.00** Psychic TV. (M) **2.00** Sydney Weekender. **4.30** Travel Oz. (PG)

TEN

6.00 The Home Team. **6.30** Everyday Gourmet. **7.00** RPM. **8.00** Family Feud. **8.30** GCBC. **9.00** Miguel's Feasts. **9.30** The Loop. (PG) **12.00** Meghan Markle: The First American Princess. (PG) **2.00** Life Inside The Markets. **2.30** Travels With The Bondi Vet. (PG) **3.00** Pooches At Play. **3.30** Cook's Pantry. **4.00** What's Up Down Under. **4.30** Escape Fishing. **5.00** News. **6.00** Bondi Rescue. (M) (1997) **12.30** Motor Racing. Supercars Championship. Round 6. Winton SuperSprint. Race 13. Highlights. **1.30** Shopping. **4.30** The Table. **5.00** Hour Of Power.

ONE

6.00 Home Shopping. **8.00** MacGyver. (PG) **9.00** Cheers. (PG) **9.30** Studio 10: Saturday. (PG) **12.00** Diagnosis Murder. (PG) **2.00** Operation Repo. (PG) **3.00** The Offroad Adventure Show. **4.00** MacGyver. (PG) **5.00** Merv Hughes Fishing. **5.30** Bondi Rescue. (PG) **6.00** Cops. (PG) **6.30** Scorpion. (PG) **7.30** MacGyver. (PG) **8.30** Motor Racing. Supercars Championship. Round 6. Winton SuperSprint. Race 13. Highlights. From Winton Motor Raceway, Victoria. **9.30** Hawaii Five-0. (M) **10.30** NCIS. (M) **12.30** Highlander. (M) **1.30** RPM. **2.30** Monster Jam. **4.30** Highlander. (M) **5.30** Whacked Out Sports. (PG)

ABC

6.00 Rage. (PG) **10.00** Rage. (PG) **11.00** Think Tank. Final. **12.00** ABC News At Noon. **12.30** Miniseries: Agatha Christie's Ordeal By Innocence. (M) **1.30** Endeavour. (M) **3.00** The Search For The Ocean's Super Predator. (PG) **4.00** Landline. **4.30** Who's Been Sleeping In My House? **5.00** Antiques Roadshow. **6.00** Compass. **6.30** Back Roads. (PG) **7.00** ABC News. **7.30** Royal Wedding: Prince Harry & Meghan Markle - Countdown. **8.00** Royal Wedding: Prince Harry & Meghan Markle - Arrivals. **9.00** Royal Wedding: Prince Harry & Meghan Markle - Ceremony. **10.00** Royal Wedding: Prince Harry & Meghan Markle - Procession. **11.00** Wentworth. (M) **11.45** Rage. (MA15+) **5.00** Rage. (PG)

ABC COM

6.00 Children's Programs. **9.30** To Be Advised. **10.00** Children's Programs. **5.10** WildWoods. **5.25** Kazoops! **5.30** Peppa Pig. **5.40** Noddy Toyland Detective. **5.55** Jamillah And Aladdin. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Floogals. **6.55** Andy's Baby Animals. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Melbourne Comedy Festival: The Gala. (M) **10.00** Melbourne Comedy Festival: Allstars Supershow. (M) **12.05** Comedy Up Late. (M) **12.35** Penn & Teller: Fool Us. (PG) **1.15** Dead Boss. (M) **1.45** An Idiot Abroad. (MA15+) **2.35** The Office. (M) **3.05** The Office. (M) **3.35** News Update. **3.40** Close. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 France 24 English News. **6.30** Al Jazeera. **7.00** Cycling. UCI World Tour. Tour Of California. Stage 6 Men's. **9.00** French News. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **1.55** Small Business Secrets. **2.30** Gymnastics. FIG World Cup. Individual all-around competition. **4.30** Million Dollar American Princesses. (PG) **5.30** Supervet. (PG) **6.30** SBS World News. **7.30** Royal Wedding. **11.00** Spice Girls Live At Wembley Stadium. **12.55** Barbie The Most Famous Doll In The World. (M) **1.45** Soccer. FA Cup. Final. Chelsea v Manchester United. From Wembley Stadium, London, England. **5.00** Cycling. UCI World Tour. Tour Of California. Final stage. Men's.

SBS VLND

6.00 WorldWatch. **12.00** Insight. **1.00** Front Up. **1.30** Jungletown. (PG) **2.20** Fashionista. (PG) **2.30** Dead Set On Life. (PG) **2.55** Trump: 100 Days. (PG) **3.45** Cyberwar. (PG) **4.10** Cyberwar. (PG) **4.35** Huang's World. (PG) **5.25** Fashionista. (PG) **5.35** Movie: Batman: The Movie. (PG) (1966) **7.30** One Born Every Minute UK. (M) **8.30** Secrets of Eurovision. **9.30** Eurovision Top 40 Controversies. **11.30** The Movie Show. **12.30** Ghosts Of Aleppo. (M) **1.35** Hamilton's Pharmacopeia. (MA15+) **2.25** France 24. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.15pm Creed (2015) Drama. Michael B. Jordan, Sylvester Stallone. (M) **Premiere** **8.30pm Non-Stop** (2014) Thriller. Liam Neeson, Julianne Moore. (M) **Action**

11.55pm The Finest Hours (2016) Action. Chris Pine, Casey Affleck. (PG) **Action**

GENERAL

7.30pm Arrow. (M)

FOX8

8.30pm Elementary. (M) **Showcase**

10.30pm Crime Watch Daily. (M)

FOX8

DOCUMENTARY

8.30pm

Extraordinary Pregnancies. (PG)

TLC

8.30pm Killer Instinct With Chris Hansen. (M)

Discovery

10.30pm Murder Comes To Town. (M)

Discovery

SPORT

7.50pm Football. AFL. Round 9.

Geelong v Western Bulldogs. **Fox Footy**

8.00pm Surfing. World League. Round 4.

Rio Pro. Day 11. **Fox Sports 505**

8.00pm Tennis. ATP World Tour and WTA Tour. Internazionali BNL d'Italia. Quarter-finals. **ESPN2**

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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Myriad is a celebration of creativity and innovation, bringing some of the world's greatest thought leaders to Queensland, and showcasing local innovators.

This year's event will explore seven themes that will explore the future of food, health, culture, play, work, cities, and money,

Myriad is a fantastic opportunity for Australian startups, innovators, and entrepreneurs to come and enjoy all Queensland has to offer, while connecting with some of the world's innovation thought leaders.

For more information and ticket visit www.myriad.org

16 MAY -
18 MAY

THE LONGEST MINUTE

Date: 26 May - 23 June 2018

Location: Cremorne Theatre, QPAC

Where were you the night of the 2015 NRL Grand Final? The night when long-time underdogs the North Queensland Cowboys won in an all-QLD nail-biter that changed the game, and the state, forever. For one family of Cowboys diehards, their whole lives have led up to this moment.

Jess was born on the night of the North Queensland Cowboys' first game in Townsville. Daughter of Foley Shield legend Frank 'Black Flash' Wright, she grew up as a footy fanatic with big dreams, silky skills and boundless ambition to play. But as a girl in a male-dominated sport, she faces more than her fair share of knockbacks, just like the luckless Cowboys. Despite their relentless string of losses, Jess still dares to believe in her team, and herself.

For more info and tickets visit: www.queenslandtheatre.com.au

26 MAY -
23 JUNE

PANIYIRI GREEK FESTIVAL

Date: Saturday May 19 - Sunday May 20

Location: Musgrave Park & The Greek Club, Edmondstone Street, South Brisbane

Cost: Adults \$12, Kids under 13 are free

Brisbane's famous Paniyiri Greek Festival will take over the city in a haze of haloumi-flavoured smoke and Zorba-inspired high kicks, organisers have promised a two-day celebration of authentic flavours, faces and culture with free public transport to and from the event! So, calling all fans of food, fun, dance, music and flavour-driven festival vibes: diarise May 19 and 20 for the most authentic celebration of the year.

This year all Paniyiri ticket holders travel free on network-wide Brisbane City Council buses and Queensland Rail City Network trains thanks to a partnership between Paniyiri and TransLink (must present valid ticket when boarding, see website for details).

Tickets are available now online at www.paniyiri.com

MAY 19-
MAY 20

INTERNATIONAL CAKE SHOW

Date: Friday 18th May to Sunday 20th May, 2018

Location: Brisbane Showgrounds Exhibition Building, Upper Level Gregory Terrace, Bowen Hills

Cost: Early Bird Online Booking \$24 per day

The world's best cake artists are coming to town when Brisbane hosts the International Cake Show Australia in May. The International Cake Show Australia (ICSA) will be held at Brisbane Showgrounds Exhibition Building in Bowen Hills from Friday 18th May to Sunday 20th May in 2018. Thousands of edible artists, cake decorators, cake bosses, professional pastry chefs, bakers, chocolatiers, home hobbyist decorators and food personalities from across the globe will converge on Brisbane to battle it out in 22 categories across the three days, with the general public invited to view and take part in a full program of masterclasses, activations, entertainment and more.

In addition to the spectacular competition and general public programs, there is an exhibition and pop up shops where associated food and product manufacturers, distributors, wholesalers, food and product service agents and retailers will display the very latest in decorating and all that is sweet. International Cake Show Australia is hosted by the Australian Cake Artists and Decorators Association. For more info and tickets visit www.acada.com.au

MAY
18-20

TO ADD YOUR EVENT TO THIS PAGE FOR **FREE** VISIT WWW.NORTHLAKESMESSENGER.COM.AU

NINE

6.00 Weekend Today. **10.00** Sports Sunday. (PG) **11.00** NRL Sunday Footy Show. (PG) **1.00** Netball. Super Netball. Round 4. Collingwood Magpies v Sunshine Coast Lightning. From Margaret Court Arena, Melbourne. **3.00** Sunday Football Preview. **4.10** Rugby League. NRL. Round 11. Cronulla Sharks v Canterbury Bulldogs. From Southern Cross Group Stadium, Sydney. **6.00** Nine News. **7.00** The Voice. (PG) **9.00** 60 Minutes. **10.00** Guiltology. (M) New. **11.00** The Innocence Network. (M) **12.00** Major Crimes. (MA15+) **1.00** Cold Case. (M) **2.00** TV Shop: Home Shopping. **2.30** Global Shop. **3.00** The Baron. (PG) **4.00** Good Morning America: Sunday. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **12.00** Turning Mecard. (PG) **12.30** My Little Pony: Friendship Is Magic. **1.00** Beyblade Burst Evolution. **1.30** Steven Universe. (PG) **2.00** Yo-Kai. (PG) **2.30** Tom And Jerry. **3.00** Gumball. **3.30** Teen Titans Go! **4.00** Be Cool, Scooby-Doo! (PG) **4.30** Britain's Got Talent. (PG) **6.00** Big Bang. (PG) **8.00** Young Sheldon. (PG) **8.30** Movie: Jupiter Ascending. (M) (2015) **11.00** Big Bang. (M) **12.00** Adult Swim. (MA15+) **12.30** China, IL. (MA15+) **1.00** Tattoo Fixers. (M) **2.00** Most Terrifying Places In America. (MA15+) **3.00** Yo-Kai. (PG) **3.30** Kate And Mim-Mim. **4.00** Yu-Gi-Oh! (PG) **4.30** We Bare Bears. (PG) **4.50** Wild Kratts. **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 NBC Today. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** House Of Wellness. (PG) **1.00** Business Builders. (PG) **1.30** To Be Advised. **3.00** To Be Advised. **4.00** Better Homes. **5.00** News. **5.30** The Great Day Out. **6.00** News. **7.00** House Rules. (PG) Hosted by Johanna Griggs. **8.30** Miniseries: Olivia Newton-John: Hopelessly Devoted To You. (PG) Part 2 of 2. Charts the life and career of iconic Australian performer Olivia Newton-John. **10.30** Criminal Confessions. (M) A seasoned investigator takes on a cold case. **11.30** Blindspot. (M) **12.30** Bates Motel. (MA15+) Return. **1.30** Grandfathered. (PG) **2.00** Shopping. **3.30** Harry's Practice. **4.00** NBC Press. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Amazing Facts. (PG) **7.00** Tomorrow's World. (PG) **7.30** Leading The Way. (PG) **8.00** David Jeremiah. (PG) **8.30** To Be Advised. **9.00** Shopping. **9.30** Harry's Practice. **10.00** House Of Wellness. (PG) **11.00** Australia's Best Backyards. **11.30** NBC Today. **12.30** The Real Seachange. **1.45** Escape To The Country. **3.45** Escape To The Continent. **5.00** Mighty Trains. (PG) **6.00** Mighty Ships. (PG) **7.00** Motorway Patrol. (PG) **7.30** Border Security: Int. (PG) **8.30** Border Security. (PG) **9.30** Gold Coast Medical. (M) **10.30** Border Security: Int. (PG) **11.30** Border Security. (PG) **12.30** Psychic TV. (M) **3.30** The Real Seachange. **4.30** House Of Wellness. (PG) **5.30** Late Programs.

TEN

6.00 Mass. **6.30** Hillsong. **7.00** Joseph Prince. **7.30** Joel Osteen. **8.00** Pooches At Play. **8.30** GCBC. **9.00** Everyday Gourmet. **9.30** St10. (PG) **12.00** Photo Number 6. (PG) **1.00** To Be Advised. **2.15** To Be Advised. **3.30** RPM. **4.00** Motor Racing. Supercars Championship. Round 6. Winton SuperSprint. Race 14. Highlights. **5.00** News. **6.00** Family Feud. **6.30** The Sunday Project. **7.30** MasterChef Aust. **9.15** Roseanne. (PG) A crucial moment in Becky's plan to be a surrogate forces her and Darlene to assess each other's lives. **9.45** NCIS. Gibbs attends the memorial service for a friend who was presumed lost at sea. **10.45** SEAL Team. (M) **11.30** The Sunday Project. **12.30** Shopping. **4.30** CBS Morning.

ONE

6.00 Shopping. **7.30** Rugby Union. Super Rugby. Round 14. New South Wales Waratahs v Highlanders. **9.30** Motor Racing. Supercars Championship. Round 6. Winton SuperSprint. Race 13. Highlights. **10.30** Escape Fishing. **11.00** Life Inside The Markets. **11.30** Operation Repo. **12.00** Reel Action. **1.00** 4x4 Adventures. **2.00** Monster Jam. **4.00** Bondi Rescue. **4.30** Pooches At Play. **5.00** What's Up Down Under. **5.30** I Fish. **6.00** Bondi Rescue. **6.30** Scorpion. **7.30** NCIS: LA. **8.30** Supercars Championship. Round 6. Winton SuperSprint. Race 14. Highlights. **9.30** MotoGP. Grand Prix of France. **11.00** Ambulance. **12.15** VF Confidential. **1.15** Highlander. **2.15** RPM. **2.45** Operation Repo. **3.45** The Doctors. **4.45** Highlander. **5.45** Whacked Out Sports.

ABC

6.00 Rage. (PG) **7.00** Weekend Breakfast. **9.00** Insiders. **10.00** Offsiders. **10.30** The World This Week. **11.00** Compass. **11.30** Songs Of Praise. **12.00** ABC News At Noon. **12.30** Landline. **1.30** Gardening Australia. **2.30** Ask The Doctor. (PG) **3.00** Antiques Roadshow. **4.00** The Mix. **4.30** The New Legends Of Monkey. (PG) Final. **5.00** Prince Harry's Story: Four Royal Weddings. (PG) **6.00** The Checkout: Factory Seconds. (PG) **6.30** Julia Zemiro's Home Delivery. **7.00** ABC News Sunday. **7.30** The Queen's Green Planet. **8.30** Miniseries: Agatha Christie's Ordeal By Innocence. (M) **9.30** The First Monday In May. (M) **11.00** Banksy Does New York. (M) **12.20** Doctor Who. (PG) **1.05** Rage. (MA15+) **5.00** Insiders.

ABC COM

6.00 Children's Programs. **5.25** Kazoops! **5.30** Peppa Pig. **5.40** Noddy Toyland Detective. **5.55** Jamillah And Aladdin. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Floogals. **6.45** Play School's Story Time. **6.55** Andy's Baby Animals. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Penn & Teller: Fool Us. (PG) **8.40** Amy Schumer: Mostly Sex Stuff. (MA15+) **9.25** Alan Davies: As Yet Untitled. (M) **10.10** Adam Hills: The Last Leg. (M) **10.55** W1A. (M) **11.25** Plebs. (M) **11.50** Zapped. (M) **12.20** The Thick Of It. (M) **12.50** Inside Amy Schumer. (M) **1.10** Inside Amy Schumer. (M) **1.35** Dirty Laundry. (M) **2.15** News Update. **2.20** Close. **5.00** The Hive. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 Cycling. UCI World Tour. Tour Of California. Final stage. Men's. Continued. **7.00** Small Business Secrets. **7.30** WorldWatch. **12.30** Turkish News. **1.00** Speedweek. **3.00** The Bowls Show. **4.30** Motorcycle Racing. Superbike World Championship. Round 5. Highlights. **4.30** FIFA 2018 World Cup: Road To Russia. **5.00** Small Business Secrets. **5.30** The Great Escape. **6.30** News. **7.35** Riddle Of Petra. (PG) **8.30** Yeti: Man, Myth Or Beast? (PG) **9.55** Is America In Retreat? **11.00** Bitter Rivals. **12.40** Mr Dynamite: The Rise Of James Brown. (PG) **2.55** Movie: Elite Squad 2: The Enemy Within. (MA15+) (2010) **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **9.00** PopAsia TV. (PG) **10.00** WorldWatch. **12.00** Insight. **1.00** Front Up. **1.30** 10,000 BC. (PG) **2.20** Athletics. Marathon de Paris. Highlights. **3.20** Big Cats Of The Gulf. (PG) **3.45** Most Expensivest. (PG) **4.10** Most Expensivest. (PG) **4.35** States Of Undress. (PG) **5.25** Vs Arashi. (PG) **6.20** Vs Arashi. (PG) **7.20** If You Are The One. (PG) **8.30** The Island: Men's Island. (M) **9.30** Mutiny. (M) **10.25** Adam Looking For Eve. (MA15+) **11.20** Adam Looking For Eve. (MA15+) **12.15** Sex Box USA. (M) **1.05** Terror. (MA15+) **2.00** France 24. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.40pm Deadpool (2016) Action. Ryan Reynolds, T.J. Miller. (MA15+) **Action**
8.30pm The Legend Of Tarzan (2016) Adventure. Alexander Skarsgård, Margot Robbie. (M) **Action**
10.30pm How To Be Single (2016) Comedy. Dakota Johnson, Rebel Wilson. (M) **Premiere**

GENERAL

6.00pm The League. (MA15+) **Comedy Channel**
7.30pm South Beach Classics. (PG) **A&E**

11.00pm Comic Book Men. (PG) **A&E**
DOCUMENTARY

8.30pm Salvage Hunters. (PG) **Discovery**

9.30pm Dear Zachary: A Letter To A Son About His Father. (M) **Crime & Investigation**

9.40pm Hell's Kitchen. **Lifestyle Food**

SPORT

7.20pm Football. AFL. Round 9. Collingwood v Hawthorn. **Fox Footy**
9.30pm Golf. European PGA Tour. Rocco Forte Open. Third round. **Fox Sports 505**
9.30pm Cycling. UCI World Tour. Giro d'Italia. Stage 14. **Eurosport**

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** The Voice. (PG) **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Talkin' 'Bout Your Generation. (PG) Return. **8.45** The Big Bang Theory. (M) **9.15** The Big Bang Theory. (PG) **9.45** 100% Footy. (M) **10.45** Two And A Half Men. (M) **11.15** Two And A Half Men. (M) **11.40** Rizzoli & Isles. (M) **12.30** Extra. **1.00** Postcards. (PG) **1.30** TV Shop: Home Shopping. **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Car SOS. (PG) **12.00** Total Divas. (M) **1.00** Dawson's Creek. (PG) **2.00** Uncle Grandpa. (PG) **2.30** Yu-Gi-Oh! (PG) **3.00** Pokémon The Series: Sun & Moon. **3.30** Lego City. (PG) **4.00** Kids' WB. (PG) **4.05** Teen Titans. (PG) **4.30** Ben 10. (PG) **5.00** Adv Time. (PG) **5.30** Regular Show. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **8.30** Movie: Stargate. (PG) (1994) **11.00** Big Bang. (PG) **12.00** Mom. (M) **12.30** Friends. (PG) **1.30** Regular Show. (PG) **2.00** Adv Time. (PG) **2.30** Pokémon The Series: Sun & Moon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst Evolution. **4.00** Teen Titans. (PG) **4.30** Yu-Gi-Oh! (PG) **4.50** Power Rangers Dino Super. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** To Be Advised. **1.30** Surf Patrol. **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.30** Home And Away. (PG) **7.30** House Rules. (PG) Mel and Dave return to see their completed Hope Island home. The rankings on the leader board are revealed. **8.45** The Mentor. (PG) Mark Bouris goes toe-to-toe with a Melbourne pizzeria owner who is losing customers. **9.45** The Resident. (M) Final. In a final, drastic attempt to save Nic from Lane's acts of sabotage, Conrad calls in a favour. **10.45** The Blacklist. (M) Final. **11.45** Blindspot. (M) **12.45** Talking Footy. **2.30** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Get Arty. **7.30** Kitty Is Not A Cat. **8.00** Jay's Jungle. **8.30** Million Dollar Minute. **9.30** House Calls To The Rescue. **10.30** Mighty Ships. (PG) **11.30** The Real Seachange. **12.00** NBC Today. **1.00** NBC Press. **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** House Calls To The Rescue. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. **7.30** Doc Martin. (PG) **8.30** Lewis. (M) **10.30** Blue Murder. (M) **11.30** Bargain Hunt. **12.30** Animal Rescue. **1.00** House Calls To The Rescue. **2.00** White Fury: The Untamed Tibet. **3.00** Escape To The Country. **4.00** Million Dollar Minute. **5.00** Late Programs.

TEN

6.00 The Talk. (PG) **7.00** Bold. **7.30** Bold. **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** To Be Advised. **2.45** Ent. Tonight. **3.00** Judge Judy. (PG) **3.30** My Market Kitchen. **4.00** Bold. **4.30** Bold. **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** MasterChef Aust. The bottom three face off in a pressure test. **8.30** Have You Been Paying Attention? (M) Ed Kavalee, Sam Pang, Susie Youssef, Mick Molloy and Celia Pacquola compete to see who can remember the most about events of the week. **9.30** 2017 Montreal Comedy Festival. (PG) Presented by Tommy Little. **10.30** Man With A Plan. (PG) Final. **11.00** The Project. **12.00** Stephen Colbert. (PG) **1.00** Shopping. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** RPM. **8.30** Operation Repo. (PG) **9.00** iFish. **9.30** A Taste Of Travel. (PG) **10.00** Healthy Homes Australia. **10.30** Bondi Rescue. (PG) **11.00** Cheers. (PG) **12.00** Get Smart. (PG) **1.00** The Doctors. (M) **2.00** Matlock. (M) **3.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Bondi Rescue. (PG) **6.30** David Attenborough's Planet Earth. (PG) **7.30** Walker, Texas Ranger. (M) **8.30** NCIS. (M) **11.30** Super Rugby Extra Time. **12.30** Home Shopping. **2.00** Motorcycle Racing. MotoGP. Race 5. French Grand Prix. Replay. From Circuit Bugatti, Le Mans, France. **3.30** Cheers. (PG) **4.00** Diagnosis Murder. (PG) **5.00** The Doctors. (M)

ABC

6.00 News. **9.00** ABC News Mornings. **10.00** The Queen's Green Planet. **11.00** Catalyst. **12.00** ABC News At Noon. **1.00** Landline. **2.00** Parliament Question Time. **3.00** Gardening Australia. **3.25** Doctor Who. (PG) **4.15** Pointless. **5.00** ABC News At Five. **5.10** The Drum. **6.00** The Checkout. (PG) **6.30** Hard Quiz. (PG) **7.00** ABC News. **7.30** 7.30. **8.00** Australian Story. **8.30** Four Corners. **9.15** Media Watch. (PG) **9.35** Q&A. **10.40** ABC Late News. **11.10** The Business. **11.25** Golf. PGA Tour. AT&T Byron Nelson. Highlights. From TPC Four Seasons Resort and Club Dallas, Texas. **12.20** Doctor Who. (PG) **1.05** Rage. (MA15+) **3.25** Antiques Roadshow. **4.25** Murder, She Wrote. (PG) **5.15** Pointless.

ABC COM

6.00 Children's Programs. **5.40** PJ Masks. **5.55** Teacup Travels. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Floogals. **6.45** The Justine Clarke Show! **6.55** Andy's Baby Animals. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** The Librarians (M) **8.25** The Librarians (M) **8.55** Buzzcocks. (M) **9.25** Amy Schumer: Mostly Sex Stuff. (MA15+) **10.15** Red Dwarf. (PG) **10.40** The Office. (M) **11.05** 30 Rock. (M) **11.25** Parks And Recreation. (PG) **11.50** Broad City. (M) **12.10** Buzzcocks. (M) **12.40** Red Dwarf. (PG) **1.10** Inside Amy Schumer. (MA15+) **1.55** Broad City. (M) **2.10** News Update. **2.15** Close. **5.00** The Hive. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** Al Jazeera. **2.00** André Rieu: Forever Vienna. **3.00** Genius. (PG) **3.55** Leap Of The Lynx. **5.00** Settle Down Place. **5.30** Letters And Numbers. **6.00** River Cottage Australia. (PG) **6.30** News. **7.35** Elizabeth. (M) **8.30** Michael Mosley: Trust Me, I'm A Doctor. **9.30** 24 Hours In Emergency. (M) **10.30** SBS News. **11.00** The World Game. **11.30** Movie: Joe Cinque's Consolation. (M) (2016) **1.25** Ride Upon The Storm. (M) **2.35** Ride Upon The Storm. (M) **3.40** Ride Upon The Storm. (M) **4.50** UK Bitesize. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **10.30** Tamil News. **11.00** NHK Japanese News. **11.35** Hindi News. **12.00** Movie: Welcome To The South. (M) (2010) **1.50** Up All Night: The Minicab Office. (M) **2.50** Beerland. (PG) **3.15** Vs Arashi. (PG) **4.10** The Mindy Project. (PG) **4.35** Cyberwar. (PG) **5.05** If You Are The One. **6.10** Brooklyn Nine-Nine. (PG) **6.35** Batman. (PG) **7.05** Batman. (PG) **7.35** The Feed. **8.05** Travel Man. **8.30** Movie: Eight Millimeter. (MA15+) (1999) **10.50** Movie: Vampire's Kiss. (1988) **12.45** Holland's Hope. (MA15+) **1.40** Holland's Hope. (M) **2.35** CGTN English News. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.05pm Man Of Steel (2013) Action. Henry Cavill, Amy Adams. (M) **Action** **8.30pm Now You See Me 2** (2016) Thriller. Jesse Eisenberg, Mark Ruffalo. (M) **Premiere** **11.20pm Pulp Fiction** (1994) Crime. John Travolta, Samuel L. Jackson. (MA15+) **Masterpiece**

GENERAL

8.30pm The Real Housewives Of Toronto. (M) **Arena** **8.30pm The Wizard Of Lies**. (MA15+) **Showcase**

DOCUMENTARY

7.30pm Anthony Bourdain: Parts Unknown. (M) **Discovery**

9.30pm My Name Is ... And I'm An Alcoholic. **Lifestyle** **You**

10.30pm How It's Made. (PG) **Discovery** **Science**

SPORT

3.00pm Football. AFL. Round 9. Melbourne v North Melbourne. **Fox Sports 503** **4.00pm Rugby League**. NRL. Round 11. Bulldogs v Roosters. **Fox Sports 502** **7.00pm Golf**. European PGA Tour. Rocco Forte Open. Final round. **Fox Sports 503**

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: Salmon Fishing In The Yemem. (PG) (2011) Ewan McGregor, Emily Blunt, Kristin Scott Thomas. A fisheries expert is asked to help realise a sheik's vision of bringing the sport of fly-fishing to the desert. **3.00** News. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Eat Well For Less? (PG) **9.00** To Be Advised. **10.00** Beauty And The Beach. (M) **11.00** Mom. (M) **11.30** Mom. (M) **11.55** 20/20. **12.45** The Closer. (M) **1.35** Extra. **2.00** TV Shop: Home Shopping. **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Friends. (PG) **12.00** Total Divas. (M) **1.00** Dawson's Creek. (PG) **2.00** Children's Programs. **4.00** Kids' WB. (PG) **4.05** Teen Titans. (PG) **4.30** Ben 10. (PG) **5.00** Adv Time. (PG) **5.30** Regular Show. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **7.30** Real, Fake Or Unknown. (PG) **8.30** Movie: The Terminator. (M) (1984) **10.45** Big Bang. (PG) **11.15** Best Ink. (M) **12.15** Friends. (PG) **1.15** Aqua Teen Hunger Force. (M) **1.30** Regular Show. (PG) **2.00** Adv Time. (PG) **2.30** Pokémon The Series: Sun & Moon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst Evolution. **4.00** Teen Titans. (PG) **4.30** Yu-Gi-Oh! (PG) **4.50** Power Rangers Dino Super. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** To Be Advised. **1.15** Surf Patrol. **1.45** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) The Astonis prepare for the worst. **7.30** House Rules. (PG) Hosted by Johanna Griggs. **8.45** Interview. (M) Andrew Denton interviews a range of fascinating people in an effort to find out what makes them tick. **9.45** Death Row. (MA15+) Trevor McDonald interviews prisoners and explores the role the death penalty plays in America. **10.45** Grey's Anatomy. (M) Final. **11.45** Grimm. (MA15+) **12.45** Cosmetic Coffee. (M) **1.15** Hannibal. (MA15+) **2.30** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Get Art. **7.30** Kitty Is Not A Cat. **8.00** Jay's Jungle. **8.30** Million Dollar Minute. **9.30** House Calls To The Rescue. **10.30** To Be Advised. **11.30** NBC Today. **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** House Calls To The Rescue. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. **7.30** Vicar Of Dibley. (PG) David fears things are about to change. **8.30** Inspector Morse. (M) A routine investigation gets complicated. **10.30** Suspects. (MA15+) **11.30** Bargain Hunt. **1.00** House Calls To The Rescue. **2.00** Amazon To Ice. **3.00** Escape To The Country. **4.00** Million Dollar Minute. **5.00** Medical Emergency. (PG) **5.30** Harry's Practice.

TEN

6.00 The Talk. (PG) **7.00** Bold. **7.30** Bold. **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** To Be Advised. **2.00** Ent. Tonight. **2.30** Neighbours. (PG) **3.00** Judge Judy. (PG) **3.30** My Market Kitchen. **4.00** Bold. **4.30** Bold. **5.00** News. **6.00** Family Feud. Hosted by Grant Denyer. **6.30** The Project. **7.30** MasterChef Aust. A two-round immunity challenge takes place. **8.30** Shark Tank. Steve Baxer, Janine Allis, Andrew Banks, Naomi Simson and Dr Glen Richards are pitched inventions. **9.30** NCIS: LA. (M) The team partners with the FBI after a marine is murdered by a rare nerve gas. **10.30** NCIS: LA. (M) **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** Super Rugby Extra Time. **9.00** Get Smart. (PG) **10.00** Healthy Homes Australia. **10.30** Bondi Rescue. (PG) **11.00** Cheers. (PG) **12.00** David Attenborough's Planet Earth. (PG) **1.00** The Doctors. (M) **2.00** Matlock. (M) **3.00** Super Rugby Extra Time. **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Bondi Rescue. (PG) **6.30** David Attenborough's Planet Earth. (PG) **7.30** Walker, Texas Ranger. (M) **8.30** 48 Hours. (M) **9.30** Homicide: Hours To Kill. (M) **10.30** To Be Advised. **11.30** CSI: Miami. (M) Final. **1.00** Home Shopping. **2.00** Star Trek: Voyager. (PG) **3.00** Matlock. (M) **4.00** Diagnosis Murder. (PG) **5.00** The Doctors. (M)

ABC

6.00 News Breakfast. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Catalyst. **12.00** ABC News At Noon. **1.00** Four Corners. **1.45** Media Watch. (PG) **2.00** Parliament Question Time. **3.00** Surfing The Menu: The Next Generation. (PG) **3.25** Doctor Who. (PG) **4.15** Pointless. **5.00** ABC News At Five. **5.10** The Drum. **6.00** The Checkout. (PG) **6.30** Hard Quiz. (PG) **7.00** ABC News. **7.30** 7.30. **8.00** Stargazing Live. (PG) **9.00** The Checkout: Factory Seconds. (PG) Final. **9.30** Secrets Of Silicon Valley. (PG) **10.25** ABC Late News. **10.50** The Business. **11.10** Q&A. **12.20** Doctor Who. (PG) **1.05** Rage. (MA15+) **3.25** Antiques Roadshow. **4.25** Murder, She Wrote. (PG) **5.15** Pointless.

ABC COM

6.00 Children's Programs. **5.10** Go Jetters. **5.25** Kazoops! **5.30** Peppa Pig. **5.40** PJ Masks. **5.55** Octonauts. **6.05** Floogals. **6.15** Ready, Jet, Go! **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** The Office. (M) **8.30** The Office. (M) **9.00** Back To Earth: Stargazing Live. (PG) **9.30** Plebs. (M) **9.50** Zapped. (PG) **10.25** Red Dwarf. (PG) **10.55** The Office. (M) **11.20** 30 Rock. (M) **11.40** Parks And Recreation. (PG) **12.05** Broad City. (MA15+) **12.25** Back To Earth: Stargazing Live. **12.55** Red Dwarf. (PG) **1.25** The Office. (M) **1.45** 30 Rock. (M) **2.05** Parks And Recreation. (PG) **2.30** Broad City. (MA15+) **2.45** News Update. **2.50** Close. **5.00** The Hive. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** Raising The Curtain. (PG) **3.05** Nigella Bites. **3.35** The Mystery Of Dark Energy. **4.35** Nazi Sunken Sub. **5.30** Letters And Numbers. **6.00** River Cottage Australia. (PG) **6.30** News. **7.30** Who Do You Think You Are? (PG) **8.30** Insight. **9.30** Dateline. **10.00** Borderlands: Life On The Line. **10.30** SBS News. **11.00** Bad Banks. (M) **12.00** Bad Banks. (MA15+) Final. **1.05** Movie: Ludwig II. (M) (2012) **3.45** STUDIO At The MEMO With Tim Rogers. (M) **4.50** SBS Flashback. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **12.00** Movie: Land Of Oblivion. (M) (2011) **1.55** Up All Night. (M) **2.50** PopAsia TV. (PG) **3.50** The Mindy Project. (PG) **4.15** Balls Deep. (PG) **4.45** News. **5.10** If You Are The One. **6.10** Brooklyn Nine-Nine. (PG) **6.35** Batman. (PG) **7.05** Batman. (PG) **7.30** The Feed. **8.00** Going Deep With David Rees. **8.30** Housos. (MA15+) **9.00** Housos. (MA15+) **9.30** Hate Thy Neighbour. (MA15+) **10.20** Hate Thy Neighbour. (MA15+) Final. **11.10** Adam Looking For Eve. (MA15+) **12.05** News. **12.30** Desus And Mero. (M) **12.55** Shot By Kern. (MA15+) **1.25** Shot By Kern. (MA15+) **1.50** The Feed. **2.20** RT News In English From Moscow. **3.00** Thai News. **3.30** Bangla News. **4.00** WorldWatch.



MOVIES

6.30pm The Huntsman: Winter's War (2016) Action. Chris Hemsworth, Charlize Theron. (M) *Premiere*
8.30pm A Beautiful Mind (2001) Biographical. Russell Crowe, Jennifer Connelly. (M) *Masterpiece*
11.05pm Miracles From Heaven (2016) Drama. Jennifer Garner, Martin Henderson. (PG) *Premiere*

GENERAL

8.30pm The Mysteries Of Laura. (M) *Universal Channel*
8.30pm Silicon Valley. (MA15+) *Comedy Channel*
10.30pm The Tonight Show Starring Jimmy Fallon. (M) *E!*

DOCUMENTARY

8.30pm What On Earth? (PG) *Discovery Science*
9.30pm MythBusters. (PG) *Discovery Science*
9.30pm James Martin's French Adventure. *Lifestyle Food*

SPORT

8.00pm Rugby Sevens. World Series. London leg. Final day. *Fox Sports 503*
8.30pm On The Couch. *Fox Footy*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** Eat Well For Less? (PG) **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Young Sheldon. (PG) **8.00** Young Sheldon. (PG) **8.30** Britain's Got Talent. **9.50** Talkin' 'Bout Your Generation. (PG) **11.00** Embarrassing Bodies. (M) **12.00** House Husbands. (M) **1.00** Murder In The First. (M) **2.00** TV Shop: Home Shopping. **2.30** Global Shop. **3.00** Extra. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Friends. (PG) **12.00** Total Divas. (M) **1.00** Dawson's Creek. (PG) **2.00** Children's Programs. **3.30** Nexa Knights. (PG) **4.00** Kids' WB. (PG) **4.05** Teen Titans. (PG) **4.30** Ben 10. (PG) **5.00** Adv Time. (PG) **5.30** Regular Show. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **7.30** Movie: Top Gun. (PG) (1986) **9.45** Movie: Total Recall. (MA15+) (1990) **12.15** Friends. (PG) **1.15** Aqua Teen Hunger Force. (M) **1.30** Regular Show. (PG) **2.00** Adv Time. (PG) **2.30** Pokémon The Series: Sun & Moon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst Evolution. **4.00** Teen Titans. (PG) **4.30** Yu-Gi-Oh! (PG) **4.50** Power Rangers Dino Super. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** To Be Advised. **1.15** Surf Patrol. (PG) **1.45** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) **7.30** House Rules. (PG) **8.45** Modern Family. (PG) Claire throws Jay and Gloria a party to celebrate their 10th anniversary. **9.15** Modern Family. (PG) Jay gives a Thanksgiving toast honouring the family's recent successes. **9.45** Back With The Ex. (PG) The couples go on a trip of a lifetime. **10.50** Hooked On The Look. (M) New. **11.20** Hell's Kitchen USA. (M) **12.20** Heroes Reborn. (M) Final. **1.20** Bad Teacher. (M) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Get Arty. **7.30** Kitty Is Not A Cat. **8.00** Jay's Jungle. **8.30** Million Dollar Minute. **9.30** House Calls To The Rescue. **10.30** To Be Advised. **11.30** NBC Today. **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** House Calls To The Rescue. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. **7.30** Pie In The Sky. (PG) Henry's team protects a jury. **8.30** A Touch Of Frost. (M) Frost reopens an unsolved murder case. **10.30** Autopsy USA. (MA15+) **11.30** Bargain Hunt. **12.30** Animal Rescue. **1.00** House Calls To The Rescue. **2.00** Shopping. **4.00** Million Dollar Minute. **5.00** Medical Emergency. (PG) **5.30** Harry's Practice.

TEN

6.00 The Talk. (PG) **7.00** Bold. **7.30** Bold. **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** To Be Advised. **2.00** Ent. Tonight. **2.30** Neighbours. (PG) **3.00** Judge Judy. (PG) **3.30** My Market Kitchen. **4.00** Bold. **4.30** Bold. **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** MasterChef Aust. Two groups of 10 tackle a brunch challenge. **8.30** Instinct. (M) Having returned to teaching after helping the NYPD catch a serial killer, Dylan is called on again to assist with a complex case. **9.30** This Is Us. Kate and Toby go to Las Vegas for their bachelor and bachelorette parties. **10.30** Hawaii Five-O. (M) **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** Cheers. (PG) **9.00** Star Trek: Voyager. (PG) **10.00** Healthy Homes Australia. **10.30** Bondi Rescue. (PG) **11.00** Cheers. (PG) **12.00** David Attenborough's Planet Earth. (PG) **1.00** The Doctors. (M) **2.00** Matlock. (M) **3.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Bondi Rescue. (PG) **6.30** David Attenborough's Planet Earth. (PG) **7.30** Walker, Texas Ranger. (M) **8.30** CSI: Miami. (M) **9.30** To Be Advised. **10.30** NCIS. (M) **12.30** Home Shopping. **2.00** Star Trek: Voyager. (PG) **3.00** Matlock. (M) **4.00** Diagnosis Murder. (PG)

ABC

6.00 News. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Stargazing Live. (PG) **12.00** ABC News At Noon. **12.30** Press Club. **1.30** Aust Story. **2.00** Parliament. **3.00** The Cook And The Chef. **3.25** Doctor Who. (PG) **4.15** Pointless. **5.00** ABC News At Five. **5.10** Drum. **6.00** The Checkout. (PG) **6.30** Hard Quiz. (PG) **7.00** ABC News. **7.30** 7.30. **8.00** Stargazing Live. (PG) **9.00** Gruen. (M) **9.35** The Weekly. (M) **10.05** Corey White's Roadmap To Paradise. (M) **10.25** ABC Late News. **10.55** The Business. **11.10** Four Corners. **11.55** Media Watch. (PG) **12.15** Doctor Who. (PG) **1.00** Rage. (MA15+) **2.25** Press Club. **3.25** Louis Theroux: America's Medicated Kids. (M) **4.25** Murder, She Wrote. (PG) **5.15** Pointless.

ABC COM

6.00 Children's Programs. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Floogals. **6.45** The Justine Clarke Show! **6.55** Andy's Baby Animals. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Absolutely Fabulous. (PG) **8.30** Absolutely Fabulous. (PG) **9.00** Back To Earth: Stargazing Live. (PG) **9.30** An Idiot Abroad. (M) **10.20** Red Dwarf. (PG) **10.50** The Office. (M) **11.10** 30 Rock. (M) **11.30** Parks And Recreation. (PG) **11.55** Broad City. (MA15+) **12.15** Back To Earth: Stargazing Live. (PG) **12.40** Red Dwarf. (PG) **1.10** The Office. (M) **1.35** 30 Rock. (M) **1.55** Parks And Recreation. (PG) **2.20** Broad City. (MA15+) **2.40** News Update. **2.45** Close. **5.00** The Hive. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** Who Do You Think You Are? (PG) **3.00** Dateline. **3.30** Insight. **4.30** Uranium: Twisting The Dragon's Tail. (PG) **5.30** Letters And Numbers. **6.00** River Cottage Australia. (PG) **6.30** News. **7.30** Michael Mosley's Secrets Of Your Food. **8.35** Outback Rabbis: Untold Australia. **9.40** The Good Fight. (M) **10.40** Chance. (MA15+) **11.40** SBS News. **12.10** Movie: Headfirst. (M) (2014) **1.50** Miniseries: The Hollow Crown. (M) **4.20** Food Lover's Guide. (PG) **4.55** Poh & Co. Bitesize. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **12.00** Movie: Potiche. (M) (2010) **1.50** Drunk History UK. (M) **2.15** Drunk History UK. (M) **2.45** 365. (PG) **2.50** Over The Black Dot. **3.50** The Mindy Project. (PG) **4.15** Cyberwar. (PG) **4.40** News. **5.05** If You Are The One. **6.05** Brooklyn Nine-Nine. (PG) **6.30** Batman. (PG) **7.00** Batman. (PG) **7.30** The Feed. **8.00** Brooklyn Nine-Nine. (M) Final. **8.30** Stories From Norway: The Musical! **9.00** Movie: South Park: Bigger, Longer And Uncut. (MA15+) (1999) **10.30** Movie: Tokyo Tribe. (MA15+) (2014) **12.35** News. **1.00** Desus And Mero. (M) **1.25** Needles And Pins. (MA15+) **2.15** The Feed. **2.45** France 24. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** WorldWatch.



MOVIES

6.30pm Friday Night Lights (2004) Action. Billy Bob Thornton, Lucas Black. (PG) *Masterpiece* **8.30pm The Danish Girl** (2015) Drama. Eddie Redmayne, Amber Heard. (M) *Masterpiece* **10.35pm Amélie** (2001) Comedy. Audrey Tautou, Mathieu Kassovitz. (M) *Masterpiece*

GENERAL

7.30pm Fashion Police. (M) *E!* **8.30pm Wentworth.** (MA15+) *Showcase* **9.30pm Hollywood Medium With Tyler Henry.** (PG) *E!*

DOCUMENTARY

7.30pm Behind Bars: World's Toughest Prisons. (M) *Crime & Investigation*

8.30pm Treasure Quest: Snake Island. (PG)

Discovery **9.30pm Most Spectacular Backyard Inventions.** *Lifestyle*

SPORT

7.30pm On The Couch With Sterlo. *Fox League* **9.30pm Cycling.** UCI World Tour. Giro d'Italia. Stage 16. Rovetta to Bormio. *Eurosport*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 Today. **9.00** Today Extra. (PG)
11.30 Morning News. **12.00** The
 Ellen DeGeneres Show. (PG) **1.00**
 Extra. **1.30** Britain's Got Talent.
3.00 News Now. **4.00** Afternoon
 News. **5.00** Millionaire Hot Seat.
6.00 Nine News. **7.00** A Current
 Affair. **7.30** Thursday Night
 Football Preview. **7.50** Rugby
 League. NRL. Round 12. Brisbane
 Broncos v Parramatta Eels. From
 Suncorp Stadium, Brisbane. **9.45**
 The NRL Footy Show. (M) **11.00**
 The AFL Footy Show. (M) **12.30** Al
 McGlashan's Fish'n With Mates.
 (PG) **1.00** My Surf TV. **1.30** TV
 Shop: Home Shopping. **2.00** TV
 Shop: Home Shopping. **2.30**
 Global Shop. **3.00** Extra. **3.00**
 Good Morning America. **5.00**
 News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs.
10.00 Survivor: Ghost Island.
 (PG) **1.00** Dawson's Creek. (PG)
2.00 Children's Programs. **3.00**
 Pokémon The Series: Sun & Moon.
3.30 Nexō Knights. (PG) **4.00**
 Kids' WB. (PG) **4.05** Teen Titans.
 (PG) **4.30** Ben 10. (PG) **5.00** Adv
 Time. (PG) **5.30** Regular Show.
 (PG) **6.00** Friends. (PG) **7.00** Big
 Bang. (PG) **7.30** Robot Wars. (PG)
8.30 Survivor: Ghost Island. (PG)
11.30 WWE Raw. (MA15+) **12.30**
 Friends. (PG) **1.30** Regular Show.
 (PG) **2.00** Adv Time. (PG) **2.30**
 Pokémon The Series: Sun & Moon.
3.00 Ben 10. (PG) **3.30** Beyblade
 Burst Evolution. **4.00** Teen Titans.
 (PG) **4.30** Yu-Gi-Oh! (PG) **4.50**
 Power Rangers Dino Super.
 (PG) **5.10** Regal Academy. **5.30**
 Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning
 Show. (PG) **11.30** News. **12.00** To
 Be Advised. **1.15** Surf Patrol. **1.45**
 Daily Edition. **3.00** The Chase.
4.00 News. **5.00** The Chase Aust.
6.00 News. **7.00** Home And
 Away. (PG) **8.30** Ramsay's Kitchen
 Nightmares. (MA15+) Chef
 Gordon Ramsay comes to the
 rescue of Bonaparte's Restaurant
 in West Yorkshire. **9.30** Ramsay's
 Hotel Hell. (M) Presenter Gordon
 Ramsay heads to Beachfront Inn
 and Inlet Grill at Fort Pierce in
 Florida. **10.30** First Dates UK. (M)
 Singles experience the thrills of
 dating. **11.30** Autopsy. (MA15+)
12.30 Bad Teacher. (M) Meredith
 tries to fix the student science fair.
1.00 Bad Teacher. (M) **1.30** Harry's
 Practice. **2.00** Shopping. **4.00** NBC
 Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's
 Practice. **7.00** Get Arty. **7.30** Kitty
 Is Not A Cat. **8.00** Jay's Jungle.
8.30 Million Dollar Minute. **9.30**
 House Calls To The Rescue. **10.30**
 To Be Advised. **11.30** NBC Today.
2.00 Million Dollar Minute. **3.00**
 Harry's Practice. **3.30** House
 Calls To The Rescue. **4.30** Animal
 Rescue. **5.00** Medical Emergency.
 (PG) **5.30** Escape To The Country.
6.30 Bargain Hunt. **7.30** Father
 Brown. (M) **8.30** Murdoch
 Mysteries. (M) Murdoch and Julia
 find themselves at odds when a
 delusional woman becomes
 the prime suspect in a stabbing.
11.30 Bargain Hunt. **12.30** Psychic
 TV. (M) **3.30** Australia's Best
 Backyards. **4.00** Million Dollar
 Minute. **5.00** Medical Emergency.
 (PG) **5.30** Harry's Practice.

TEN

6.00 The Talk. (PG) **7.00** Bold.
7.30 Bold. **8.00** Family Feud. **8.30**
 Studio 10. (PG) **12.00** Dr Phil.
 (PG) **1.00** To Be Advised. **2.00**
 Ent. Tonight. **2.30** Neighbours.
 (PG) **3.00** Judge Judy. (PG) **3.30**
 My Market Kitchen. **4.00** Bold.
4.30 Bold. **5.00** News. **6.00** Family
 Feud. Hosted by Grant Denyer.
6.30 The Project. A look at the
 day's news. **7.30** MasterChef
 Aust. Following last night's brunch
 battle, one of the 10 contestants
 from the losing team will be
 eliminated. **9.30** Law & Order:
 S.V.U. (M) The team investigates a
 rape claim made by a woman
 living with Alzheimer's disease.
10.30 Blue Bloods. (M) **11.30**
 The Project. **12.30** Stephen
 Colbert. (PG) **1.30** Shopping. **4.30**
 CBS Morning.

ONE

6.00 Home Shopping. **8.00**
 Cheers. (PG) **9.00** Star Trek:
 Voyager. (PG) **10.00** Healthy
 Homes Australia. **10.30** Bondi
 Rescue. (PG) **11.00** Cheers. (PG)
12.00 David Attenborough's Planet
 Earth. (PG) **1.00** The Doctors. (M)
2.00 Matlock. (M) **3.00** Diagnosis
 Murder. (PG) **5.00** Star Trek:
 Voyager. (PG) **6.00** Bondi Rescue.
 (PG) **6.30** David Attenborough's
 Planet Earth. Final. **7.30** Walker,
 Texas Ranger. (M) **8.30** Cops:
 Adults Only. (M) **9.00** Movie:
 Jean-Claude Van Damme, Leonard
 Gonzales, John Ralston. **11.10**
 SEAL Team. (M) **12.05** Highlander.
 (M) **1.05** Home Shopping. **2.05**
 The Doctors. (M) **3.00** Matlock.
 (M) **4.00** Diagnosis Murder. (PG)
5.00 Highlander. (M)

ABC

6.00 News. **9.00** ABC News
 Mornings. **10.00** Antiques
 Roadshow. **11.00** Stargazing Live.
 (PG) **12.00** ABC News At Noon.
1.00 Making Australia Great:
 Inside Our Longest Boom. **2.00**
 Parliament. **3.00** The Cook And The
 Chef. **3.25** Doctor Who. (PG) **4.15**
 Pointless. **5.00** ABC News At Five.
5.10 Drum. **6.00** The Checkout.
 (PG) **6.25** Hard Quiz. **6.55** Sammy
 J. **7.00** ABC News. **7.30** 7.30. **8.00**
 Stargazing Live. (PG) **9.00** QI. (M)
9.30 Wentworth. (MA15+) **10.15**
 ABC Late News. **10.45** The Business.
11.00 Louis Theroux: Law & Disorder
 In Lagos. (M) **12.00** Doctor Who.
 (PG) **12.50** Our Zoo. (PG) **1.45** Rage.
 (MA15+) **2.35** Golf. PGA Tour. AT&T
 Byron Nelson. Highlights. **3.30** Louis
 Theroux: The Ultra Zionists. (M) **4.30**
 Late Programs.

ABC COM

6.00 Children's Programs. **6.10**
 Octonauts. **6.20** Peter Rabbit.
6.35 Floogals. **6.45** The Justine
 Clarke Show! **6.55** Andy's Baby
 Animals. **7.05** Ben And Holly. **7.20**
 Shaun The Sheep. **7.30** Spicks
 And Specks. **8.00** Frontline. (M)
8.30 Frontline. (PG) **8.55** Sammy
 J. **9.00** Back To Earth: Stargazing
 Live. (PG) **9.30** Dead Boss. (M)
10.00 Comedy Up Late. (M) **10.35**
 Red Dwarf. (PG) **11.05** The Office.
 (M) **11.30** 30 Rock. (PG) **11.50**
 Parks And Recreation. (PG) **12.10**
 Broad City. (M) **12.30** Back To
 Earth: Stargazing Live. (PG) **12.55**
 Red Dwarf. (PG) **1.25** The Office.
 (M) **1.50** 30 Rock. (M) **2.10** Parks
 And Recreation. (M) **2.35** Broad
 City. (M) **2.55** News Update. **3.00**
 Close. **5.00** The Hive. **5.05** Arthur.
5.30 Curious George.

SBS

6.00 WorldWatch. **8.40** French
 News. **9.30** Greek News. **10.30**
 German News. **11.00** Spanish
 News. **12.00** Arabic News F24.
12.30 Turkish News. **1.00** PBS
 News. **2.00** The Marngrook Footy
 Show. **3.30** Britain's Ultimate
 Pilots: Inside The RAF. **4.35** Lost
 City Of The Pharaohs. (PG) **5.30**
 Letters And Numbers. **6.00** River
 Cottage Australia. (PG) **6.30** News.
7.30 Railway Journeys UK. **8.05**
 Luke Nguyen's Food Trail. (PG)
8.35 The Handmaid's Tale. **9.40**
 Next Of Kin. (M) **10.35** The Night
 Manager. (M) **11.45** SBS News.
12.15 Movie: Beatriz's War. (M)
 (2013) **2.10** The Island. (M) **3.05**
 The Island. (M) **4.00** The Island.
 (M) **5.00** CGTN English News.
5.15 NHK World English News.
5.30 Deutsche Welle.

SBS VLND

6.00 WorldWatch. **12.00** Movie:
 Beautiful Lies. (M) (2010) **1.55**
 Drunk History UK. (M) **2.25** Drunk
 History UK. (M) **2.50** Rivals. (PG)
3.20 VICE World Of Sports. (PG)
3.45 The Mindy Project. (PG) **4.10**
 It's Suppertime! (PG) **4.35** News.
5.05 If You Are The One. **6.05**
 Brooklyn Nine-Nine. (PG) **6.35**
 Batman. (PG) **7.05** Batman. (PG)
7.35 The Feed. **8.05** Dateline.
8.35 Full Frontal. (MA15+) **9.05**
 The Lost Arcade. (M) **10.30** VICE.
 (MA15+) **11.00** VICE. (M) **11.35**
 Miniseries: Tut. (MA15+) **1.05**
 News. **1.35** Desus And Mero.
 (M) **2.00** FEMEN: Sexism In
 Canada. (M) **2.25** Woman With
 Gloria Steinem. (M) **2.50** Deutsche
 Welle. **3.05** Thai News. **3.35**
 Bangla News. **4.05** Punjabi News.
4.35 WorldWatch.



MOVIES

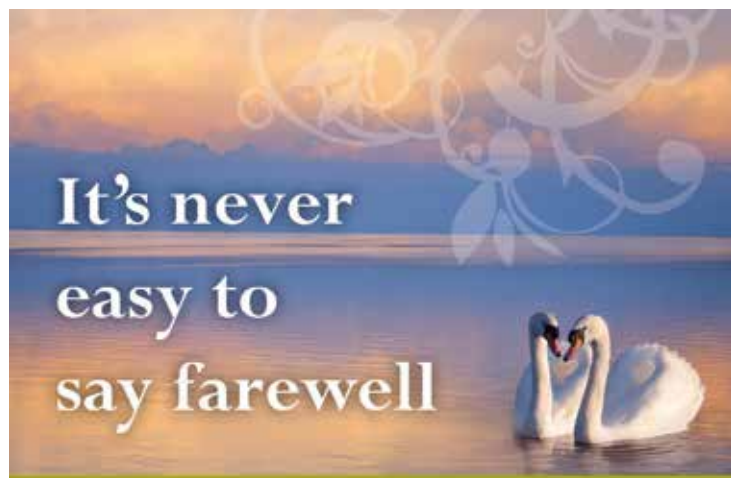
6.25pm Training Day (2001) Crime.
 Denzel Washington,
 Ethan Hawke.
 (MA15+) **Action**
8.30pm Steve Jobs (2015) Drama.
 Michael Fassbender.
 (M) **Masterpiece**
10.20pm Under Siege 2 (1995)
 Action. Steven
 Seagal, Katherine
 Heigl. (MA15+) **Action**

GENERAL

7.30pm The Flash.
 (M) **FOX8**
8.30pm The Doctor Blake Mysteries.
 (M) **13th Street**
9.30pm Downtown Abbey. (PG) **UKTV DOCUMENTARY**
7.30pm Tonight At The London Palladium. (PG)
Foxtel Arts
8.30pm Selling Houses Australia.
Lifestyle
9.30pm The Last Alaskans. (PG)
Discovery
SPORT
6.30pm Inside Supercars. **Fox Sports 501**
9.30pm Cycling. UCI World Tour. Giro
 d'Italia. Stage 17.
 Tirano to Canazei.
Eurosport
11.00pm Cricket.
 One-day International
 Series. England v
 South Africa. Game
 1. **Fox Sports 503**

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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 documentation and if these are not followed, they may not be
 read by the Judge?. Contact us to find out more.

NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: Moonstruck. (PG) (1987) Cher. **3.00** News. **4.00** Afternoon News. **5.00** Hot Seat. **6.00** Nine News. **7.00** ACA. **7.30** Friday Night Football Preview. **7.55** Rugby League. NRL. Round 12. North Queensland Cowboys v Melbourne Storm. From 1300SMILES Stadium, Queensland. **10.45** Movie: Hostage. (MA15+) (2005) Bruce Willis, Kevin Pollak, Jonathan Tucker. A sheriff confronts his former life. **1.00** Extra. **1.30** TV Shop. **2.30** Filthy Rich. (M) **3.30** It's All Greek To Me. (PG) **4.00** Global Shop. **4.30** The Baron. (PG) **5.30** GMA.

GO!

6.00 Children's Programs. **11.00** Friends. (PG) **12.00** Total Divas. (M) **1.00** Dawson's Creek. (PG) **2.00** Children's Programs. **3.00** Pokémon The Series: Sun & Moon. **3.30** Nexa Knights. (PG) **4.00** Kids' WB. (PG) **4.05** Teen Titans. (PG) **4.30** Ben 10. (PG) **5.00** Adv Time. (PG) **6.00** Regular Show. (PG) **6.30** Movie: Addams Family Values. (PG) (1993) **8.30** Movie: The Lord Of The Rings: The Fellowship Of The Ring. (M) (2001) **12.00** WWE Smackdown. (MA15+) **1.00** Total Divas. (M) **2.00** Adv Time. (PG) (1993) **3.00** Pokémon The Series: Sun & Moon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst. **4.00** Teen Titans. (PG) **4.30** Yu-Gi-Oh! (PG) **4.50** Power Rangers Dino Super. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Flowers In The Attic. (M) (2014) **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Better Homes. Joh and Pete visit a home that has moved their garden from the back to the middle of their house. **8.30** Movie: Star Wars: Episode VII – The Force Awakens. (M) (2015) Daisy Ridley, John Boyega, Harrison Ford. Three decades after the defeat of the Galactic Empire, a new threat arises. **11.15** To Be Advised. **12.15** Movie: Fall Into Darkness. (M) (1996) Tatyana M. Ali, Sean Murray. **2.00** Shopping. **4.00** The Great Outdoors. Meets Benny Andersson from ABBA. **5.00** NBC Today. News and current affairs.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Get Arty. **7.30** Kitty Is Not A Cat. Final. **8.00** Jay's Jungle. **8.30** Million Dollar Minute. **9.30** House Calls To The Rescue. **10.30** House Of Wellness. (PG) **11.30** NBC Today. **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** House Calls To The Rescue. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. **7.30** Border Security: Int. (PG) **8.30** The Secret Life Of Dogs. Part 3 of 3. **9.30** Building The Dream. **10.30** The House That 100K Built. **11.30** Bargain Hunt. **12.30** Harry's Practice. **1.00** Psychic TV. (M) **4.00** Million Dollar Minute. **5.00** Medical Emergency. (PG) **5.30** Harry's Practice.

TEN

6.00 The Talk. (PG) **7.00** Bold. **7.30** Bold. **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** The Living Room. **2.00** Ent. Tonight. **2.30** Neighbours. (PG) **3.00** Judge Judy. (PG) **3.30** My Market Kitchen. **4.00** Bold. **4.30** Bold. **5.00** News. **6.00** Family Feud. **6.30** The Project. A look at the day's news. **7.30** The Living Room. Miguel goes to the country for a carrot cake cook-off, and Amanda is at Parliament House trying her hand at an odd job. **8.30** The Graham Norton Show. Graham Norton's guests include Emilia Clarke, Gloria Estefan, Miriam Margolyes and Leon Bridges. **9.30** To Be Advised. **10.30** To Be Advised. **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping.

ONE

6.00 Home Shopping. **8.00** Motorcycle Racing. MotoGP. Race 5. French Grand Prix. Replay. From Circuit Bugatti, Le Mans, France. **9.30** Cheers. (PG) **10.00** Healthy Homes Australia. **10.30** Bondi Rescue. (PG) **11.00** Cheers. (PG) **12.00** David Attenborough's Planet Earth. **1.00** The Doctors. (M) **2.00** Matlock. (M) **3.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Bondi Rescue. (PG) **6.30** MacGyver. (PG) **7.30** Walker, Texas Ranger. (M) **11.30** NCIS: Los Angeles. (M) **12.30** Home Shopping. **2.00** Matlock. (M) **3.00** Walker, Texas Ranger. (M)

ABC

6.00 News Breakfast. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Stargazing Live. (PG) **12.00** ABC News At Noon. **1.00** One Plus One. **1.30** Russell Ord: One Shot. (M) **2.00** Our Zoo. (PG) **2.55** Simply Nigella. **3.25** Doctor Who. (PG) **4.15** Pointless. **5.00** ABC News At Five. **5.10** The Drum. **6.00** The Checkout. (PG) **6.30** Hard Quiz. (PG) **7.00** ABC News. **7.30** Gardening Australia. **8.30** Endeavour. (M) **10.00** Would I Lie To You? (PG) **10.30** ABC Late News. **11.00** The Business. **11.15** The Weekly With Charlie Pickering. (M) **11.45** Planet America. **12.30** Rage. (MA15+) **5.00** Rage. (PG)

ABC COM

6.00 Children's Programs. **5.40** PJ Masks. **5.55** Teacup Travels. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Floogals. **6.45** The Justine Clarke Show! **6.55** Andy's Baby Animals. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** The Weekly. (M) **8.30** Gruen XL. **9.15** Buzzcocks. (M) **9.45** W1A. (M) **10.15** The Thick Of It. (M) **10.45** The Mighty Boosh. (M) **11.15** The Office. (M) **11.40** 30 Rock. (PG) **12.00** Parks And Recreation. (PG) Final. **12.20** Broad City. (M) **12.45** Buzzcocks. (M) **1.15** The Mighty Boosh. (M) **1.45** The Office. (M) **2.05** 30 Rock. (PG) **2.30** Parks And Recreation. (PG) **2.50** Broad City. (M) **3.10** News Update. **3.15** Close. **4.25** The Hive. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** The Point. **3.00** NITV News Week In Review. **3.30** Poh's Kitchen. **4.00** Poh's Kitchen. **4.30** Ainsley Harriott's Street Food. **5.25** Letters And Numbers. **6.00** River Cottage Australia. (PG) **6.30** News. **7.30** Railway Journeys UK. **8.00** Railway Journeys UK. **8.30** Movie: Love And Mercy. (2015) John Cusack. **10.45** SBS News. **11.15** Movie: Adoration. (MA15+) (2013) **1.20** Spring Tide. (M) **2.10** Spring Tide. (MA15+) **3.05** Spring Tide. (M) **3.55** Spring Tide. (M) **4.50** SBS Flashback. **4.55** Poh & Co. Bitesize. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **12.00** Movie: Life, Above All. (M) (2010) **1.55** Drunk History UK. (M) **2.25** Drunk History UK. (M) **2.50** Gaycation. (PG) **3.40** 365. (PG) **3.45** The Mindy Project. (PG) **4.10** Does America. (PG) **4.35** News. **5.05** If You Are The One. **6.05** Brooklyn Nine-Nine. (PG) **6.35** The Classic Car Show. (PG) **7.30** Batman. (PG) **8.00** Batman. (PG) **8.30** Adam Looking For Eve VIP. (MA15+) **9.25** The Handmaid's Tale. **10.30** Queer As Folk. (MA15+) **11.25** Adam Looking For Eve. (MA15+) **12.15** News. **12.40** Paradise Papers: The Secret Investigation. (M) **1.35** PopAsia TV. (PG) **2.35** NHK World English News. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** WorldWatch.



MOVIES

6.05pm X-Men: Apocalypse (2016) Action. James McAvoy, Jennifer Lawrence. (M) *Premiere*
8.30pm London Has Fallen (2016) Action. Gerard Butler, Aaron Eckhart. (MA15+) *Premiere*
10.40pm The Adderall Diaries (2015) Thriller. Amber Heard, James Franco. (MA15+) *Masterpiece*
GENERAL
8.30pm Shades Of Blue. (MA15+) *Universal Channel*
8.30pm The Leftovers. (MA15+) *Showcase*
9.35pm The Americans. (MA15+) *Showcase*
DOCUMENTARY
9.30pm Bryan Inc: Luxury Builds. *Lifestyle Home*
10.30pm Live From Abbey Road Classics. *Foxtel Arts*
SPORT
7.20pm Football. AFL. Round 10. Geelong v Port Adelaide. *Fox Footy*
9.00pm Tennis. ATP World Tour 250. Geneva Open. Quarter-finals. *Fox Sports 505*
9.30pm Cycling. UCI World Tour. Giro d'Italia. Stage 18. Morena to Ortisei St Ulrich. *Eurosport*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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- 1 WW2 Italian leader (6,9)
- 2 Express joy or mirth
- 3 Malady
- 4 Voter
- 5 Popular pachyderm
- 6 Decalogue by Moses (3,12)
- 7 Immaterial part of a person
- 8 Nearer
- 15 Bedtime alcoholic drink
- 16 Treated with contempt
- 17 Skinflint, selfish person
- 18 Reality
- 20 Slang term - wonderful
- 23 Fiend, ogre

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RENTAL VACANCY RATES IMPROVE STATE-WIDE

The March quarter vacancy rate data reveals generally improving rental markets across Queensland, according to REIQ's Q1 2018 Vacancy Rate report

Regional Queensland, in particular, has delivered good results in the wake of a two or three bleak years.

REIQ CEO Antonia Mercorella said the regional vacancies improvements this quarter followed, broadly speaking, similar small improvements in 2017 Q4, and that these small but steady improvements were the hallmarks of Queensland real estate.

"Some of our markets, such as the Gold and Sunshine coasts, remain uncomfortably tight and we would like to see more investors enter those markets, however APRA's tightened lending criteria is not encouraging investors to consider property. The result is tight markets remain tight, despite good opportunities for landlords in those markets," she said.

Greater Brisbane's vacancy rates eased by 0.1 per cent to 2.7 per cent, which remains a healthy market.

Looking more closely at this region, Brisbane LGA also eased 0.1 per cent to 3.1 per cent, which indicates a healthy market for a second consecutive quarter.

Zooming in closer, the inner ring (0-5km radius) tightened and returned from the weak range to a healthy 3.5 per cent. This is good news for this market as it reflects good rental options for tenants, and good opportunity for landlords to secure good tenants.

The middle ring (5-20km) eased slightly,

moving from the tight to the healthy range and recording a vacancy rate of 2.8 per cent.

"It's gratifying to see that all areas of the Brisbane rental market are operating in the healthy range and this start to impact speculation about oversupply," Ms Mercorella said. "The data shows a very resilient market capable of absorbing the perceived oversupply."

"GREATER BRISBANE'S VACANCY RATES EASED BY 0.1 PER CENT TO 2.7 PER CENT, WHICH REMAINS A HEALTHY MARKET"

Ipswich tightened marginally, moving from 3.1 to 3.0 per cent, but has maintained its position as a healthy rental market.

"This area is really a growth corridor for Queensland and we're seeing buyers and renters flocking to this part of the southeast corner. It's great news that the rental market is maintaining its stability and healthy status," Ms Mercorella said.

The Logan rental market eased 0.2 per cent to reach a still-tight 2 per cent vacancy rate. Historical trends put this market at around 2 per cent to 3 per cent, an indication that this market is operating business as usual.

Moreton Bay tightened by 0.2 per cent to 1.4 per cent. This market is generally a tight market and it is one of Queensland's fastest growing regions.

Redland eased 0.2 per cent but remained tight, with a March vacancy rate of 2.4 per cent.

The Gold Coast held steady at 1.1 per cent. This market was measured in the lead-up

to the Commonwealth Games and it will be interesting to see how the next two to three quarters shake out as visitors leave the region. Early next year, the Athletes Village will be redeveloped into a Health and Knowledge Precinct including mixed-use residential precincts with more than 1100 apartments.

"Our hope is that these units will find investor buyers and this could contribute to easing the tight rental conditions in this beautiful part of the world," Ms Mercorella said.

The Sunshine Coast, overall, has a vacancy rate of 1 per cent. Caloundra, along with Gympie, has the tightest vacancy rate in Queensland, with just 0.5 per cent of properties vacant.

"The Sunshine Coast is very challenging for renters who are looking for accommodation and we have said consistently for quite some time that this market would benefit from additional investor activity. The upward pressure on rents, as a result of this tight vacancy rate, will serve to push this market towards unaffordable," Ms Mercorella said.

Noosa is also very tight, at just 0.8 per cent.

"It's no surprise that renters are flocking to this market – it's such a stunning part of the world with employment opportunities – but additional supply into this market would be very beneficial," Ms Mercorella said.

Fraser Coast, which is made up of Hervey Bay and Maryborough, is a tight market, although it has eased somewhat. Fraser Coast has moved from 1.6 per cent in December to 1.9 per cent in March. Hervey Bay is now 1.8 per cent – a tight market – and Maryborough is now 2.5 per cent, which is a healthy market.

Cairns has also eased from 1.6 per cent to 2.1 per cent, moving this popular destination closer to a healthy rental market.

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Saturday 19th May

RayWhite



5 Markwell Crescent, Mango Hill
4 2 2 | \$665,000



5 Ningauí Crescent, North Lakes
4 2 2 | \$849,000+



9 Ganton Street, North Lakes
4 2 2 | \$649,000+



4 Foambark Street, North Lakes
4 2 2 | \$549,000+



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3 2 2 | \$437,000+



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